The Quiet Return Retreat
G26050401

with Dehryl Mason
May 29-June2, 2026

Welcome to The Quiet Return Retreat!

This retreat is for women who've been holding everything together— and are finally ready to set it all down. Held in the sacred high desert of Ghost Ranch, The Quiet Return Retreat offers spacious time to rest, reconnect, and gently return to your inner self. Whether you're at a soulful crossroads or simply craving stillness, this retreat invites you to step away from the noise and listen to the more profound wisdom within.

Each day will unfold with a quiet rhythm — guided circles, land-based practices, and gentle rituals to remember what it feels like to belong: to yourself, your body, and the Earth. Together we'll explore: Restorative silence and nightly "noble silence"; Embodied awareness, breath, and grounding movement; Guided solo time in nature, awe walks, and sound rituals; Circle practices and emotional fluency tools to meet what arises; Permission to say yes, no, or not yet — and to trust your own pace; Creativity and expression through journaling, collage, and simple reflection. This is a retreat of softness

and soul-tending. Not a place to perform or prove. But a place to listen, let go, and remember who you are. You don't need to have prior retreat experience. Just a whisper of willingness to return to yourself.

Itinerary:

Ghost Ranch | May 29 - June 2, 2026
(Note: This is a sample schedule. Participants will receive a full retreat guide upon arrival. Spaciousness and flexibility are woven throughout our time together. There will be daily invitations for silence, rest, reflection, and connection to the land.)

Friday, May 29 – Arrival & Welcome ● 3:00 PM | Check-in at Ghost Ranch ● 5:30 PM | Dinner together 6:30 PM | Ghost Ranch orientation (required) ● 7:15 PM | Opening Circle: Landing & Listening o Gentle introduction to our retreat space, each other, and the rhythm of rest o Guided body presence + intention setting ● 8:30 PM | Begin Noble Silence (until end of breakfast next day)	Saturday, May 30 – Slowing Into Silence ● 8:00 AM | Breakfast (in Noble Silence) ● 9:00 AM | Morning Circle: What Does It Mean to Come Home? o Somatic grounding, inner listening, journaling ● 10:30 AM | Guided Awe Walk: Listening with the Body & Land ● 12:00 PM | Lunch (first 10 min in food meditation) ● Afternoon | Solo time / optional creative reflection (journaling, collage, rest) ● 4:30 PM | Gentle body gratitude practice ● 5:30 PM | Dinner ● 7:00 PM | Evening Circle: Meeting the Inner Voice o Sound exploration, optional sharing ● 8:30 PM | Noble Silence begins
Sunday, May 31 – Meeting the Silt ● 8:00 AM | Breakfast (in Noble Silence) ● 9:00 AM | Morning Circle: Witnessing What Rises o Emotional fluency, the inner child, and how we sit with discomfort o “Cheat sheets” and reflection tools ● 11:00 AM | Optional dyad/pair practice: witnessing without fixing	Monday, June 1 – Belonging & Integration ● 8:00 AM | Breakfast (Noble Silence) ● 9:00 AM | Morning Circle: Practicing Belonging o Boundaries, saying yes/no, witnessing our response ● 10:30 AM | Guided Solo Practice: Return to the Land ● 12:00 PM | Lunch

GHOST RANCH

● 12:30 PM | Lunch (first 10 min in silence) ● Afternoon | Free time / solo time / nature-based art ● 4:00 PM | Movement + Sound: Shake + Hum ● 5:30 PM | Dinner ● 7:00 PM | Fire Ceremony: Letting Go of What Is Not Ours to Carry ● 8:30 PM | Noble Silence begins	● Afternoon | Integration practices: reflection, nature, rest ● 4:30 PM | Optional creative time (bookmaking, collage, writing prompts) ● 5:30 PM | Dinner ● 7:00 PM | Closing Circle: Naming the Return o What we're carrying forward o Blessings, offerings, shared silence ● 8:30 PM | Final Noble Silence
Tuesday, June 2 – Departure ● 8:00 AM | Breakfast ● 9:00–10:00 AM | Check-out and goodbyes	