



Reconnect with Nature's Rhythm

G26110503

with Beth Roome & Flossie O'Leary

November 29 – December 5, 2026

Hello and Welcome!

We look forward to the days we will spend together exploring a regenerative connection to nature, each other, and ourselves.

This retreat offers a sanctuary from our fast-paced, technology-driven world. It will provide a chance for each of us to slow down, ground, and rediscover our inner rhythm and the wisdom of nature. Together, we will draw inspiration from seasonal traditions and rituals, learn about the spiritual and practical ways that cultures have honored the changing seasons, and prepare for the quiet renewal of winter.

Surrounded by the tranquil beauty of a sacred valley, we will engage in mindful activities, creative arts, and meaningful discussions that nurture restoration and renewal.

While there are no pre-retreat requirements, we invite you to consider this a time of co-creating a meaningful experience. To that end, consider traditions you keep and rituals you practice that you might share with the group. Perhaps you have poetry or music that is meaningful or a mindfulness practice. Please bring a journal or paper or a sketchpad, as you prefer. If you play an instrument that can travel, bring it; if not



we will have a keyboard and guitar. At the start of the week, we will take an inventory and watch our magic synergy align!

We also don't want the desert landscape of Ghost Ranch to give you a false sense of warmth. It will be cold some days, so bring warm clothes, a scarf and gloves, and still bring a brimmed hat given the sun is strong at this elevation.

So that it doesn't come as a surprise, at the end of the week we will share about a year-round, virtual offering to support each other through the seasons. Some may crave more and others may find the week was just what they needed. We honor your wisdom in knowing what is best for you.

We cannot wait to meet you in person and are delighted to walk this transformative path with you!

In gratitude,

Beth Roome & Flossie O'Leary

Workshop Schedule

Sunday, 11/29

Check In

Dinner

Welcome, Introductions, and Overview

Monday 11/30

- Morning Pages & Stretching



- Breakfast
- Welcome, overview, introductions
- **World Traditions**
- Lunch
- Optional Activities / Ranch activities
- Dinner
- *Tentative: Tribal Elder, drumming circle*

Tuesday 12/1

- Morning Pages & Stretching
- Breakfast
- **Seasons, Moons, and Mindfulness**
- Lunch
- Optional Activities / Ranch activities
- Dinner
- Sacredness of your land

Wednesday, 12/2

- Morning Pages & Stretching
- Breakfast
- **Storytelling: Those we grew up with, those we tell ourselves, those we want to tell**
- Lunch
- Optional Activities / Ranch activities
- Dinner
- Readings & reflection

Thursday, 12/3

- Morning Pages & Stretching
- Breakfast



- **Creating the life we want**
- Lunch
- Optional Activities / Ranch activities
- Dinner
- The Phoenix Activity

Friday, 12/4

- Morning Pages & Stretching
- Breakfast
- **Preparation for Wintering**
- Lunch
- Optional Activities / Ranch activities
- Dinner
- *Tentative: Art Show*

Saturday, 12/5

- Morning Pages & Stretching
- Breakfast
- **Closing Circle & Sendoff**