



Snow & Soul

Awakening Your Inner Child



COASTAL SOUL



OF THE MIDWEST



Port Washington, WI

Snow & Soul

AWAKEN YOUR INNER CHILD

Wellness Retreat in Port Washington, W

2/27/26 - 3/1/26

Snow and Soul is your invitation to play again, to breathe in winter's hush, and to remember the part of you that still believes in **wonder**. This retreat isn't about escaping the cold—it's about finding warmth from within.

Set in the heart of winter's embrace, this weekend is a gentle awakening. A chance to laugh, move, rest, and rediscover what joy feels like when you stop striving and start imagining.

This is your invitation to play on a blanket of snow, create a spark of soul, and **let your inner child come out to play**.

Join us in Port Washington, WI

Coastal soul
of the Midwest.



Port Hotel

PORT WASHINGTON

YOGA



Port Hotel

PORT WASHINGTON
YOGA



**Friday, Feb 27 -
Sunday, Mar 1, 2026**

Snow & Soul

Activity Timeline

Friday

- 4-6:00PM Check-in
- 6:00PM Studio social. Conscious intention-setting. Astrology readings.
- 8:00PM Somatic yoga (40 mins) & inner child meditation with sage cleanse (40 mins)

Saturday

- 8:00AM Slow Flow Yoga
- 9:00AM Breakfast
- 10:15AM Snow tubing | Lunch
- 2:00PM Free time
- 4:30PM "Snow"ga
- 5:30PM Candle-gazing meditation
- 6:30PM Supperclub dinner

Sunday

- 8:00AM Breakfast
- 9:30AM - 11:30AM Candlelight yoga at studio. Gratitude meditation.
Closing ceremony / Reviewing intentions, setting your next steps, maintaining connections

Book by **December 23, 2025** and receive a **FREE**
**Energy Reset & Renew:
The Elemental
Rebalance Ritual**

www.portwashingtonyoga.com

Yoga

Somatic

Like snow melting into stillness, this gentle flow softens tension, releases old stories, and guides you back to your natural calm — where breath, movement, and simple joy meet.

Snow-ga

Step outside and rediscover winter's magic. In Snow-ga, you'll stretch, balance, and breathe under open skies — embracing giggles, wobbles, and snow angels as you move with playful mindfulness.

Slow Flow

Flow, laugh, and let go. Through mindful movement and breath, you'll shake off what's weighing you down and remember what it feels like to move just because it feels good.

Energy Reset & Renew

The Elemental Rebalance Ritual

A soothing hot-and-cold ritual designed to melt stress, awaken circulation, and restore your natural flow of energy. Layered with chakra-tuned sound frequencies and grounding crystal energy, this immersive experience helps balance the body's seven centers from root to crown. Subtle plant essences (or "aromatic blends") deepen relaxation and guide your senses toward calm. You'll leave centered, luminous, and wholly renewed — the perfect reset between life's extremes

Snow Tubing

Laugh Your Way Down the Hill!

There's nothing quite like the pure, unfiltered joy of flying down a snowy hill, laughter echoing through the crisp winter air. Snow-tubing invites you to drop your guard, release control, and surrender to the thrill of the moment—just like you did when you were a kid.



Meditations

Inner Child Meditation

Release old energy and invite in innocence. This gentle sage cleanse and guided meditation help you reconnect with your playful, curious inner child—clearing emotional residue and opening space for lightness and joy.

Gratitude Meditation

A simple yet powerful practice of presence. Through breath and reflection, you'll awaken appreciation for life's quiet gifts and rediscover how gratitude transforms even the smallest moments into light.

Candle Gazing Meditation

Soften your gaze and let the flicker of flame draw you inward. This gentle practice quiets the mind and warms the heart, helping you find stillness, clarity, and a steady glow within.

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ALL-INCLUSIVE

Friday, Feb 27 – Sunday, Mar 1, 2026

Rate/Person

- Single occupancy from \$1,030
- Double occupancy from \$865
- Program only \$650 with meals or \$550 without meals*

LIMITED
SPACE

Immerse yourself in a weekend of renewal, rejuvenation, and insight.

Your stay includes:

Personal Astrological Chart Review – uncover your cosmic blueprint and guidance for the season ahead



Multiple Daily Yoga & Guided Meditation Sessions – harmonize body, mind, and spirit in serene winter stillness



Snow Tubing Adventure & Transportation – embrace joy, laughter, and pure play under the open sky



Conscious Intention Setting Ceremony – plant powerful seeds for the year to come



Gourmet, Nourishing Meals – lovingly prepared to energize and delight



Charming, Historic Luxe Accommodations – unwind in comfort and style, complete with a locally-sourced artisan welcome basket



**RESERVE BY 12/23/25 TO RECEIVE A BONUS ENERGY RESET
& RENEW ELEMENT REBALANCE RITUAL (\$100 VALUE)**

*PROGRAM ONLY IS SELF-DRIVE TO TUBING

WWW.PORTWASHINGTONYOGA.COM
WWW.THEPORTHOTEL.COM

The background image shows the exterior of The Port Hotel, a historic brick building with multiple stories, arched windows, and a prominent entrance. A sign above the entrance reads "Port Hotel" and "COOKING EVENTS & RESIDENCE INN". To the right, a taller stone building with a clock tower and an American flag is visible. A red-leafed tree is in the foreground on the right.

ACCOMMODATIONS

The Port Hotel, presenting luxurious guest accommodations. Included in amenities are cozy fireplaces (in some rooms), breathtaking views of Port Washington and our historic Lake Michigan harbor. TV, Kohler “finest” Water Haven showers, oversized Kohler whirlpool tubs, and the king or queen beds are graced with European bedding.

Step into HISTORY



Indulge yourself in the luxury and elegance of this magnificently restored 1902 turn of the century hotel. The Port Hotel offers elegance and comfort in grand accommodations in an atmosphere of old world charm.



The Port Hotel offers 10 well-appointed suites in a historic hotel built in 1902.

- (3) Queen rooms
- (5) King rooms
- (2) King suites with jacuzzi

Each room is the ultimate combination of luxury, comfort, and vintage style.



WWW.THEPORTHOTEL.COM

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Frequently Asked Questions



1. Who can I contact for more information?

You can reach Laura directly at laura@portwashingtoneyoga.com. She's happy to answer any questions about lodging, logistics, or retreat details.

2. How much is the deposit and is it refundable?

A **\$200 deposit** secures your spot. If you need to cancel, your deposit—minus approximately 5% in credit card fees—is **refundable through Friday, February 20th at 4 PM** (one week before the retreat).

3. Can you pair me with a roommate?

Unfortunately, no. This retreat takes place at a **historic inn**, and each room features **one bed**. It's designed as a personal, cozy getaway for rest and reflection.

4. Is there an elevator at the studio and hotel?

No, both the studio and inn are located in **historic buildings** that require the use of stairs.

5. What if there is no snow?

No worries—we always have a **backup plan**! If winter decides to surprise us, we'll adjust the schedule with equally fun and restorative indoor activities.

6. What should I pack?

Think **cozy, warm, and comfortable**. Here's a quick list:

- Winter boots and snow pants
- Warm coat, hat, and gloves
- Hand and foot warmers (optional but recommended)
- Yoga and meditation clothing
- A journal (if you like to reflect or set intentions)

7. Is this retreat beginner friendly?

Absolutely. All yoga and meditation sessions are **accessible to all levels**, with options and modifications provided throughout. Whether you're brand new or a lifelong practitioner, you'll feel supported.

8. What is included in the retreat price?

Your retreat package is all-inclusive and includes:

- Accommodations at a charming, historic inn*
- All yoga and meditation sessions
- Conscious intention setting workshops
- Snow-tubing and transportation
- All meals (with dietary accommodations available)*
- Astrological chart review
- Welcome basket and other thoughtful touches

*Program only packages are available with or without meals.