

Finally.

A Restorative Weekend for Women Who Need a Moment to Breathe

October 23–25, 2026

Solon, Iowa

There comes a point where constantly pushing through no longer feels sustainable.

Finally. was thoughtfully created for women who are mentally exhausted, emotionally overstimulated, and craving a chance to truly slow down.

This boutique women's retreat is intentionally limited to just 10 women in order to create a calm, personal, and high-touch experience centered around nervous system restoration, meaningful connection, and elevated self-care.

Retreat Philosophy

This retreat is designed to help women step away from constant responsibility and experience a weekend centered around rest, emotional exhale, and intentional care.

No pressure to perform. No expectation to “fix” yourself. No overpacked itinerary.

Just space to breathe, reconnect, and feel cared for.

Friday | October 23

3:00 PM — Hotel Check-In Begins

Guests settle into their rooms at The Literary Hotel and begin easing into the weekend at their own pace.

6:00 PM — Welcome Gathering & Gift Reception

An intimate evening to connect, settle in, and receive curated welcome gifts.

7:30 PM — Ground & Unwind

A gentle somatic yoga experience focused on nervous system relaxation, breathwork, and intentional movement.

Saturday | October 24

9:00 AM — Slow Morning Breakfast & Coffee

10:00 AM — The Permission to Pause Discussion

A guided roundtable conversation centered around boundaries, burnout, self-care, and emotional restoration.

12:00 PM — Catered Lunch

12:30 PM — Personalized Restoration Time

Guests rotate through individualized services at Soothe while enjoying intentionally unstructured downtime for rest, journaling, reading, exploring Solon, or simply slowing down.

Evening Dinner at Your Leisure

7:00 PM — Restorative Frequency Experience

A calming sound immersion experience focused on deep rest, grounding, and nervous system regulation. Optional Reiki energy work will quietly be available for interested guests.

8:30 PM — Fireside Wind Down (Optional)

Quiet connection and conversation around the fire pit before rest.

Sunday | October 25

9:00 AM — Gentle Morning Stretch & Breakfast

10:00 AM — Closing Bouquet Bar & Reflection

Guests create hand-selected bouquets while gathering one final time for reflection and closing thoughts.

11:00 AM — Hotel Check-Out

What's Included

- Full retreat programming and experiences
- One 60-minute massage OR Deluxe Facial at Soothe
- Friday welcome gathering and curated welcome gift
- Saturday catered lunch
- Saturday & Sunday breakfast

- Workshop materials
- Select beverages and snacks during retreat programming
- Preferred retreat guest pricing on optional additional Soothe services

What's Not Included

- Hotel accommodations
- Friday supper
- Saturday supper
- Transportation
- Optional outside activities

What to Pack

- Comfortable clothing
- Yoga mat
- Notebook or journal
- Water bottle
- Cozy layers for relaxation and evening wind down

Exploring Solon

Guests are encouraged to enjoy the peaceful charm of Solon throughout the retreat weekend.

Nearby exploration opportunities include local coffee shops, boutique shopping, and scenic outdoor spaces including Lake Macbride State Park.

Hotel Information

The Literary Hotel
Solon, Iowa

Website: www.theliteraryhotel.com

Free parking is available for retreat guests.

Hotel accommodations are booked separately directly through The Literary Hotel after retreat registration.

Payment & Cancellation Policy

A non-refundable \$300 deposit is required to reserve your retreat space.

The remaining balance is due no later than 45 days prior to the retreat start date.

- Cancellations more than 45 days prior receive a refund of payments beyond the deposit.
- Cancellations between 30–45 days prior receive a 50% refund beyond the deposit.
- Cancellations within 30 days are non-refundable.

Payment plans may be available upon request.

Accepted payment methods include cash, check, Venmo, and credit/debit card. A 3.5% processing fee applies to card transactions.

Contact Information

Soothe
www.SoothelA.com
319-535-3137