

THE HA SOCIETY PRESENTS

The Rest Retreat

ZION NATIONAL PARK IN UTAH

SEPTEMBER 20-23, 2024

A fun, relaxing nature immersed event for women who struggle to slow down but totally want to in **Zion National Park, Utah.**

A once in a lifetime trip

In all of our work with women who are mentally and physically burned out we've come to realize something important...

Getting out in nature regularly is a non-negotiable for health.

The only thing better than getting out in nature is doing it with other women who understand your struggle.

Now if we had our way you'd book trips like this all the time... but for some reason taking breaks is hard.

You're so busy and stuck in your routine and we just don't get around to planning the trips.

Wouldn't it be great if every time your friends wanted to plan a trip they made a cool PDF for it, followed it through and did ALL of the planning so you just had to show up and enjoy?

Well guess what? We're here!! AND we've already planned the entire trip from transportation, to daily activities and meals.

All YOU need to do is book a flight!

Dani, Ashley + Mishi



Zion National Park is truly *ridiculous*

This place is beyond imagination in beauty.

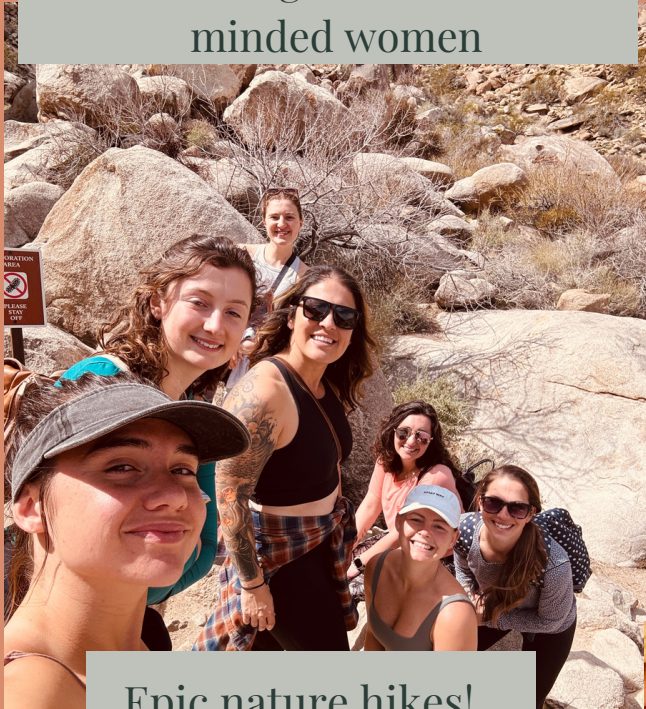
On this amazing trip we will be:

- Laughing a lot
- Doing some solid personal development work
- Absorbing glorious nature and seeing some of the most beautiful nature spots in the WORLD
- Eating good food
- Doing some once-in-a-lifetime activities
- Living in a gorgeous home like we deserve
- Not working (but there will be wifi lets be real we have kids)



What to expect on this *epic trip*

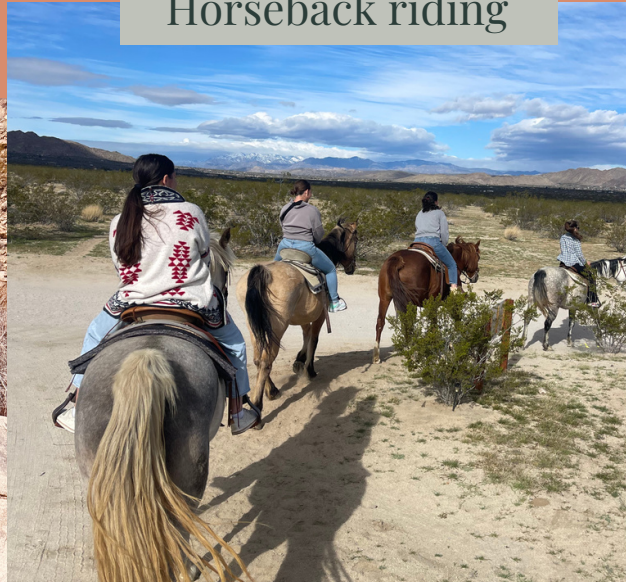
Connecting with other like minded women



Epic nature hikes!



Horseback riding

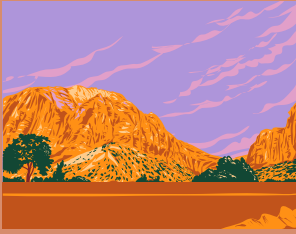


Delicious and nourishing meals-
breakfast, lunch, dinner and
snacks



We've scoped out these adventures beforehand to ensure maximum awesomeness. Your job: Show up and soak it in.

***All activities will be optional.**



Epic Accommodations

Nature is great but so are hot tubs, you know what we're saying? So we're renting a beautiful home with plenty of space to spread out *and* hang out.

Roommate and single room options



Picture yourself digging deep and getting some serious personal development work done in this area.



Laugh so loudly in the hot tub that the neighbors call the police on us...just kidding, let's be real bedtime will probably be reasonable.

We cook for you and we all eat together!





Tentative Itinerary

Sept 20th

2 hour road trip from Vegas to Zion with the gals. Big car with captains chairs.

Settle in, dinner at the house getting to know everyone and setting intentions.

Sept 21st

Breakfast, personal development, easy hike to something wildly beautiful.

Lunch and horse back riding.

Come home, chill at the house and hot tub etc until dinner.

Sept 22nd

Breakfast, hike another beautiful spot

Lunch and another adventure in Zion

Dinner and personal development

Sept 23rd

Breakfast, final group personal development

One stop in Zion before we head to the Airport

Lunch and then airport drop off

Final itinerary will be completed after surveying the group for preferred activities and itineraries.



Pricing

- **Single room with a king bed** (only one of these rooms available) \$2200
- **Shared room with one other** – either a single or a queen bed. We will be thoughtful with who we pair you with in your shared room. \$2000

This price includes:

- accommodation
- the fees for the activities during the trip
- airport to destination transfer
- all meals and snacks at destination

Ready?

Email dani@thehasociety.com to check availability and secure your spot. Only a deposit will be required.