



SISTER SOUL TRAVEL GUIDES

Before You Arrive

A simple guide to the details - and the things you can release.

Check-in information	Your confirmed arrival window and check-in location will be included in your retreat welcome email.
Emergency contact numbers	Save the retreat and travel contact numbers from your final itinerary before you leave home.
Weather expectations	Check the current forecast one week before travel and again the morning you leave.
Transportation information	Review your airport transfer, meeting point, and arrival instructions before boarding.
Dress code	Comfortable is always welcome. Your final itinerary will note any special dinner or activity attire.
Daily schedule overview	Expect a gentle rhythm of movement, reflection, community, nourishment, and free time.
What NOT to worry about	Knowing everyone. Doing every activity. Having the perfect outfit. Arriving with all the answers.

When You Arrive

When you arrive...

Take a deep breath.

You don't have to know anyone.

You don't have to have your life together.

Just come exactly as you are.



Come exactly as you are.

There is already a place for you at the table.

A Note from Sonya

I know that saying yes to yourself isn't always easy. Whether this is your first retreat or your fifth, I'm honored that you're considering spending this time with us. My hope is that you arrive carrying only what you need and leave carrying a little more peace than when you came. We'll be waiting to welcome you.

- Sonya
Founder | Wellness Guide | Sister Soul