



SISTER SOUL TRAVEL GUIDES

Bring Your Whole Self

An emotional and practical reminder for the journey.

Some of what matters most will never fit inside a suitcase.

BRING...

- ☐ Comfortable clothes
- ☐ Curiosity
- ☐ An open heart
- ☐ Your laugh
- ☐ Your questions
- ☐ Your story

LEAVE BEHIND...

Perfection.
Guilt.
Comparison.
The need to take care of everyone else.

You are allowed to arrive without performing, proving, or carrying everyone else. Bring yourself. That is enough.

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