



SISTER SOUL TRAVEL GUIDES

First-Time Retreat Sister

Kind answers for the questions that can make a first retreat feel intimidating.

You do not have to be fearless to say yes. You only need enough courage for the next step.

I've never traveled alone.

You are not the only one. Ask questions early, keep your itinerary close, and let Lavivian help you think through each step. Courage can look like taking the next small step.

What if I don't know anyone?

Most sisterhood begins with strangers choosing to sit together. You will be welcomed, introduced, and never expected to force a connection.

What if I'm shy?

Quiet women belong here, too. You can listen before you share, join at your own pace, and let connection grow naturally.

What if I cry?

Then you cry. Tears are not a disruption or a failure. They may simply mean your body finally feels safe enough to release something.

What if I need time alone?

Take it. Rest and private reflection are part of the retreat experience. You do not have to attend every moment to belong.



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