



SISTER SOUL TRAVEL GUIDES

Fly Like a Sister

Simple airport reminders to help you move with less stress and more grace.

A little preparation can make travel day feel much gentler.

- ☐ Arrive 2 hours early.
- ☐ Wear shoes that slip on easily.
- ☐ Keep medications in your carry-on.
- ☐ Bring an empty water bottle to fill after security.
- ☐ Download your boarding pass before leaving home.
- ☐ Pack one change of clothes in your carry-on.
- ☐ Bring headphones.
- ☐ Don't be afraid to ask for assistance.

Sonya Says

Travel days are not the destination. Give yourself grace if something runs late.

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