



SISTER SOUL TRAVEL GUIDES

Self-Care Before You Leave

A gentle one-week reset before your Sister Soul retreat.

ONE WEEK BEFORE

- ☐ Get plenty of rest
- ☐ Hydrate
- ☐ Don't overbook yourself
- ☐ Finish laundry
- ☐ Arrange pet care
- ☐ Set your out-of-office message
- ☐ Tell your family you're taking time for yourself

Your Permission Slip

Preparing for a retreat is not another performance. Do what supports you, ask for help, and let 'good enough' be good enough.

A little space before you leave can help you arrive with more energy for yourself.

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