



RENEW. RECHARGE. RECONNECT

# The Renewal Retreat

We invite you to go on a transformative retreat for a complete reset and a new outlook on life.

*Don't miss this transformative opportunity!*





DAY ONE:

## *Return to Yourself*

Your retreat experience begins the moment you arrive at the manor. Settle into the peaceful surroundings, and leave the demands of daily life behind.

Together, we'll create a welcoming space for reflection, connection, and transformation.

Throughout the day you'll experience:

- Guided breathwork and intention setting
- Reflective journaling exercises
- Identity and life alignment activities
- Meaningful conversations with like-minded women
- Personal clarity work to uncover what matters most

We'll explore a powerful question:

***Who are you beyond your roles, responsibilities, and expectations?***

As the evening unfolds, we'll gather for an intimate fireside reflection experience designed to help you release what no longer serves you and create space for what's next.





## DAY TWO:

# *Reimagine What's Possible*

Day two is devoted to helping you envision and design your next chapter.

Through guided coaching, reflection exercises, and transformational conversations, you'll gain greater clarity around your goals, dreams, and desires.

### **Highlights include:**

- Inspiring keynote conversation
- Guided coaching and personal development workshops
- Courage and confidence-building exercises
- Wellness and nervous system restoration experiences
- Sound healing and mindfulness practices
- Small-group coaching and support

You'll identify what's holding you back, reconnect with your strengths, and begin creating a roadmap for meaningful change.



# SOUND HEALING EXPERIENCE

## *Releasing What the Body is Holding*

One of the most unique and restorative experiences of The Renewal Retreat is our guided **Tibetan Singing Bowl Sound Bath**, led by holistic wellness practitioner **Jennifer Merritts**.

During the session, participants will relax comfortably while being surrounded by the soothing tones and vibrational frequencies of handcrafted Tibetan singing bowls. The gentle sounds create an environment that supports relaxation, mindfulness, and a renewed sense of inner calm.

### **What You May Experience**

- Deep relaxation and stress reduction
- Greater mental clarity and focus
- A sense of balance and calm
- Emotional release and renewal
- Enhanced mindfulness and presence
- A feeling of being grounded and centered



[www.mindfulbodywithsoul.com](http://www.mindfulbodywithsoul.com)





## DAY THREE:

# *Become Her*

Our final morning is dedicated to turning insight into action.

You'll reconnect with your future vision and create a personalized plan for bringing your intentions to life after the retreat.

You'll leave with:

- A clear vision for your next chapter
- A personalized 90-day action plan
- Renewed confidence and direction
- Practical strategies for sustained growth
- Deep connections with an inspiring circle of women

We'll conclude with a meaningful closing ceremony and future-self commitment experience that will remind you of the woman you're becoming long after the retreat ends.





# *What's Included*

Your retreat experience includes:

- Three days of facilitated workshops and coaching
- Luxury accommodations at Provenance Manor
- Daily chef-prepared meals and refreshments
- Guided wellness and mindfulness experiences
- Sound healing session
- Retreat journal and welcome gifts
- Fireside reflection experience
- Personalized retreat materials and action-planning tools
- Connection with an intimate community of professional women





# YOU DON'T NEED PERFECTION

## *-Just Presence*

This retreat is designed for women who are ready to pause, reflect, and intentionally create what's next.

You won't leave with a notebook full of ideas.

You'll leave with **clarity, confidence, connection, and a plan.**

Most importantly, **you'll leave feeling more like yourself than you have in years.**



# ACCOMODATIONS & LOCATION





# ACCOMMODATIONS

## *Provenance Manor*

### *Middleburg, Virginia*

Nestled among 121 acres of rolling countryside just outside historic Middleburg, Virginia, Provenance Manor feels as though it has been lifted from the English countryside and placed gently in the heart of Virginia horse country.

This elegant Georgian manor offers a rare opportunity to step away from the demands of everyday life and into a setting designed for reflection, renewal, and meaningful connection. Surrounded by sweeping green fields, ancient trees, and peaceful walking paths, the estate invites you to slow down, breathe deeply, and reconnect with yourself.

Mornings begin with coffee on the sun-drenched porch as mist rises over the landscape. Afternoons offer quiet moments for journaling beneath expansive shade trees, strolling along picturesque grounds, or simply enjoying the stillness of nature. As evening falls, gather with fellow retreat participants on the stone terrace, share stories by the fire pit, and watch the stars emerge across an endless country sky.





# ACCOMMODATIONS

Inside, the manor's beautifully appointed lounges, inviting gathering spaces, and warm hospitality create an atmosphere that feels both luxurious and deeply comforting—a place where conversations flow easily, friendships are formed, and personal transformation has room to unfold.

Provenance Manor becomes part of the retreat experience itself, a sanctuary where time slows, distractions fade, and you are free to focus on what matters most: yourself.

For three days, this extraordinary estate becomes your home, your refuge, and the backdrop for the next chapter of your journey.





# ACCOMMODATIONS - ROOMS

## *VIP Suite with Private Bathroom and Den - \$3,000*

Indulge in the ultimate retreat experience in our exclusive VIP Suite, the most spacious and luxurious accommodation at Provenance Manor.

Designed for comfort, privacy, and restoration, this elegant suite features a private en-suite bathroom, a cozy sitting room, and a beautiful fireplace—creating the perfect sanctuary for reflection and renewal.

Enjoy a comfortable bed, bedside lighting, ample storage, and dedicated space to relax between retreat sessions. Whether you're journaling by the fire, enjoying a quiet moment in your private den, or simply unwinding after a transformative day, the VIP Suite offers a truly elevated retreat experience. Limited to one guest.





# ACCOMMODATIONS - ROOMS

## *Elite Garden Suite with Private Bathroom - \$2,800*

Retreat to the privacy and comfort of our Elite Garden Suite, a spacious lower-level sanctuary designed for rest, reflection, and renewal.

This exclusive suite features a private bedroom and dedicated full bathroom, offering a peaceful escape from the day's activities.

Nestled on a quiet level of the manor, the suite provides additional space to unwind, journal, or simply enjoy a moment of solitude. Comfortable furnishings, thoughtful amenities, and easy access to the estate's shared gathering spaces create the perfect balance of privacy and connection.

Ideal for guests seeking a tranquil, elevated retreat experience.





# ACCOMMODATIONS - ROOMS

## *Premier Estate Suite with Private Bathroom - \$2,800*

Enjoy the charm and tranquility of our Premier Estate Suite, an inviting second-floor retreat designed for comfort, privacy, and reflection.

Overlooking the front grounds of Provenance Manor, this beautifully appointed room offers peaceful views of the estate and surrounding countryside. Featuring a comfortable bed, thoughtful furnishings, bedside lighting, and ample storage, the suite provides a welcoming space to unwind between retreat sessions.

Guests enjoy the convenience of a private bathroom and the quiet elegance of a secluded retreat within the manor. Ideal for those seeking an elevated experience, the Premier Private Suite offers the perfect blend of comfort, privacy, and renewal.





# ACCOMMODATIONS

## *Private Bedroom with Shared Bathroom - \$2,500*

Enjoy a peaceful and comfortable stay in one of our thoughtfully appointed Private Guest Rooms located on the upper level of Provenance Manor. Each room is designed to provide a restful retreat, featuring comfortable bedding, bedside lighting, ample storage, and charming views of the estate.

Guests enjoy the privacy of their own bedroom while sharing a well-appointed bathroom with fellow retreat participants. These inviting accommodations offer the perfect balance of personal space and community, allowing you to recharge, reflect, and fully immerse yourself in the retreat experience while enjoying the warmth and elegance of the manor.





# LOCATION

*35487 Snake Hill Rd, Middleburg, VA 20117*

Driving Directions from Washington, DC

- From Washington, DC, take I-66 West toward Front Royal.
- Continue on I-66 West for approximately 47 miles.
- Take Exit 17 for US-17 North/US-50 West toward Paris/Winchester.
- Follow US-17 North for approximately 7 miles.
- Turn onto Rectortown Road (VA-713) and continue through the countryside toward Middleburg.
- Follow local roads, including State Route 611 (Snake Hill Road), to the property.
- Arrive at Provenance Manor, 35487 Snake Hill Road, Middleburg, VA 20117.

**Travel Time:** May vary if you're coming from downtown Washington, DC or around the Beltway

**Pro Tip:** We recommend using GPS navigation with the property address for the final few miles through Virginia's beautiful horse country roads. Plan to arrive between 8:00–8:30 AM to allow time for check-in, refreshments, and settling into the retreat experience.

