

Eat, Pray, Live! Retreat
Oct. 6 - 8, Sundara Inn + Spa,
A Destination Spa In Wisconsin Dells,
Wisconsin

Ranked the #4 Best Resort Hotel in Travel + Leisure magazine's World's Best Awards for 2018

20 Best Destination Spas, 2018

Town & Country Magazine, 2019

Top Destination Wellness Spas, 2019 Organic Spa Magazine, 2019

[Amazing Sundara photo gallery](#)

EAT: Nava, Sanskrit for "fresh," serves a full menu for breakfast, lunch, and dinner. Nava's full bar serves craft cocktails, beer on tap and fresh pressed juices. The adjacent patio offers outside dining and cocktail service seasonally.

Sundara's wellness cuisine has graced the pages of Travel + Leisure and Luxury SpaFinder magazines as well as city magazines around the Midwest.

PRAY: Reserve time to energize your soul at Sundara, a sanctuary from stress tucked back in a fragrant pine forest on the scenic outskirts of Wisconsin Dells. Go

within. Commune with God/Universe + nature on our Chakra Meditation Trail. Elizabeth will offer personalized, guided meditations throughout the retreat. (Life Purpose Guided Meditation included!)

LIVE: Since opening in 2003, our mission has been wellness in all we do. We provide a sanctuary from stress, a healing touch, a kind word, a place to reconnect. We set an example of love and respect for the earth. We embrace the joy of wellness in our own lives.

Elizabeth will offer proven tools to live powerfully from the inside out. Her mission is to help women live their best lives and walk with power and certainty that they are enough already!

What to Expect:

Day 1 - Sunday, October 6:

Arrive, nest, enjoy beautiful Sundara Inn and surroundings. Enjoy the indoor hot soak and the waterfall feature.

5:00 pm - Our Welcome Reception includes "meet the author", wine + cheese, and a review of the agenda as we set the stage for our fabulous retreat ahead.

7:00 pm - Delicious dinner. After dinner enjoy the Savanna Patio adjacent to Nava Restaurant featuring six fire pits and a water feature.

Day 2 - Monday, October 7:

7:30 - 10:00 am - Gourmet breakfast, Chakra Meditation Trail, Spa time 10:00 - 12:00 pm - Retreat workshop - *Eat, Pray, Live I*

12:00 - 4:00 pm - Enjoy lunch, free time, spa time

4:00 - 6:00 pm - Retreat workshop - *Eat, Pray, Live II*

7:00 pm - Delicious dinner. After dinner enjoy the Savanna Patio adjacent to Nava Restaurant featuring six fire pits and a water feature.

Spa time.

Day 3 - Tuesday, October 8:

7:30 - 9:00 am - Gourmet breakfast + nature time

9:00 - 11:00 am - Retreat workshop - *Eat, Pray, Live III*
+ Closing Ceremony

What's included:

- Two nights, three days at Wisconsin's most beautiful boutique hotel
- Daily gourmet breakfasts
- All workshops
- Wine + Cheese Welcome Reception
- A signed copy of Elizabeth's book, *Enough Already! Yes, You Are...*
- 50 minute Spa session
- Indoor/outdoor swim-up pool bar and fire feature
- Indoor hot soak
- Infinity edge heated pool
- Cambrian Oasis indoor space with conversation coves and relaxing rocking chairs
- Woodland Reflection Room

- Purifying Bath Ritual
- State-of-the-art Fitness Center
- Ease with self that is priceless
Join us for a memorable experience that will have you living with more clarity, joy, and empowerment.

Pack lightly. "Living" in your robe is highly recommended!

Soul Investment:

Double room only: \$794.00 + resort fees. Private room: \$968.00 + resort fees.

Reserve your spot today! - 608 253-9200

"Sign up if you're ready to align with your dreams, create clarity for what is next, and feel more joy and confidence every day." - Sue

"Elizabeth's retreats are the soul-fulfilling experience I'd been looking for forever. She shares her stories and gave me an experience that is life-changing. My toolkit is filled with proven tools to lower the voice of the critic and listen to the encourager. This brings

much-needed joy to my everyday life. The best money I've ever spent!" - Karen

Click here for your Sundara experience