



**VERDANT CENTER**  
**Bachelorette & Bridal Party**  
**Retreats**

RETREAT WITH US

[VERDANTCENTER.ORG](http://VERDANTCENTER.ORG)

 [@VERDANT.CENTER](https://www.instagram.com/VERDANT.CENTER)



THE HEART OF IT ALL

# Verdant Center

Whether you're a bachelorette about to marry the love of your life or a bride looking for a way to gather her bridal party before your big day, you and your loved ones deserve to have an experience that you'll reminisce about for years to come!

Our bachelorette and bridal party retreats are designed for the mindful bride looking for the most meaningful experience possible.






We understand that no two brides are alike and we have designed our retreat offerings with that in mind. With that said, if you're looking for a fully custom retreat, we will work with you to design your dream experience!



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NASHVILLE, TN

# Retreats

-  Mini Retreat (3 hours)
-  Day Retreat (6 hours)
-  Overnight Retreat
-  Weekend Retreat
-  Fully Custom Retreat

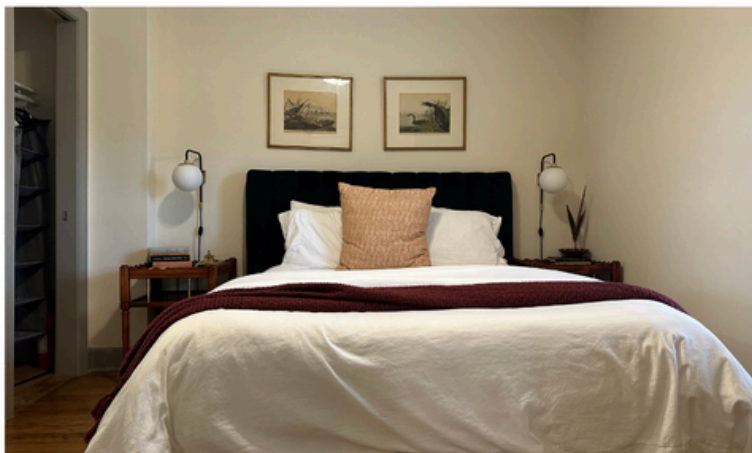
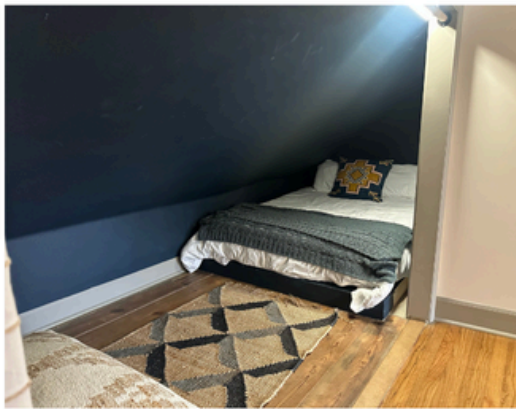
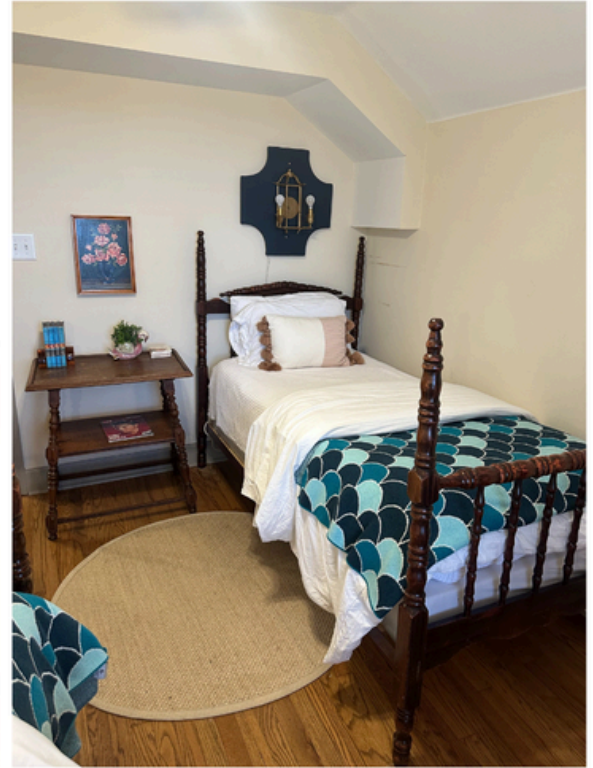
# 1st Floor



# Accommodations



# Accommodations



# Mini Retreat (3 hours)

## INCLUDES

 Connection time via curated activities

 Meditation or guided visualization

 Journal prompts and journal time

 Lunch

+

 Choose 1:

- Yoga
- Flower crowns
- Candle making
- Bath salt creation

 Full use of 1<sup>st</sup> floor for up to 3 hours

 10 yoga mats and blankets

## INVESTMENT

 \$500 for up to 6 people; \$650 for 7-10 people

# Day Retreat (6 hours)

## INCLUDES

 Connection time via curated activities

 Meditation or guided visualization

 Journal prompts and journal time

 Lunch

+

 Choose 3:

- Yoga
- Flower crowns
- Candle making
- Bath salt creation
- Polaroid DIY photo shoot & scrap book

 Full use of 1<sup>st</sup> floor for up to 3 hours

 10 yoga mats and blankets

## INVESTMENT

 \$1,000 for up to 6 people; \$1,300 for 7-10 people

# Overnight Retreat

## INCLUDES



### Evening of Day 1

- Connection time via curated activities
- Unpack and unwind
- Social dinner
- Decorating the space
- Craft time
  - Choose 1:
    - Candle making
    - Bath salt creation
    - Personalized sunglasses
    - Friendship bracelets
- Intention setting for bride via fire ceremony
- Free time activity options







### Day 2


- Morning meditation and yoga
- Abundant breakfast
- Tea/coffee reading
- Group activity
  - Choose 1:
    - Polaroid DIY photo shoot + scrapbook
    - Flower crowns
- Lunch
- Farewell!

# Overnight Retreat (cont.)

## INCLUDES

-  Full use of 1<sup>st</sup> floor including tableware, coffee maker and electric tea kettle
-  10 yoga mats and blankets
-  Accommodations for up to 9 individuals sleeping separately OR up to 13 individuals (if two beds were shared)
-  Dedicated code to enter and exit venue

## INVESTMENT

-  \$2,725 inclusive of space rental, overnight stay, yoga, activity supplies, and meals + 9.75% sales tax (for meals and overnight stay) + 6 % occupancy tax (for overnight stay)

# Weekend Retreat

## INCLUDES



### Evening of Day 1

- Connection time via curated activities
- Unpack and unwind
- Social dinner
- Decorating the space
- Craft time
  - Choose 1:
    - Candle making
    - Bath salt creation
    - Personalized sunglasses
    - Friendship bracelets
- Intention setting for bride via fire ceremony
- Free time activity options



### Day 2

- Morning meditation and yoga
- Abundant breakfast
- Tea/coffee reading
- Inner child exploration
- Lunch
- Independent time
- Journal prompts and journal time
- Group activities
  - Flower crowns
  - Polaroid DIY Photo Shoot + Scrapbook

# Weekend Retreat (cont.)

## INCLUDES



### **Day 2 (continued)**

- Dinner
- Sound bath
- Bedtime!



### **Day 3**

- Sunrise meditation and movement
- Brunchy breakfast
- Reflection time
- Packing up

## INVESTMENT



\$4,900 inclusive of space rental, overnight stay, yoga, activity supplies, and meals + 9.75% sales tax (for meals and overnight stay) + 6 % occupancy tax (for overnight stay)

# Custom Retreat



Want a custom experience built just for you and your bachelorettes or bridal party? We've got you! Let's get started building your retreat. Connect with us [here](#).



GROW WITH US

# Verdant Center

Contact us at  
[retreats@verdantcenter.org](mailto:retreats@verdantcenter.org) to book  
your experience.



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