

PRICING/LODGING OPTIONS

The Ocean front home (where the retreat will be held) has 4 bedrooms and 3 baths. It is at the end of a quiet, dead-end street and is right on one of the wildest beaches on Hatteras Island. Surfing competitions are held right here because the waves get so big. There is a gas fireplace, hot tub on the deck and lighthouse views. From the third floor, you can see both the ocean and the sound so both the sunrises and sunsets are stunning. There are only 2 houses between us and miles of open, protected national seashore. We can also see Cape Point from the house. Lodging options in this home:



Bedroom with queen bed and private bathroom

\$1175 pp



Private bedroom with queen bed and shared bathroom

\$1050 pp **RESERVED**



Bedroom with Twin beds and shared bath:

\$950 pp



Lodging Option #2:

Lodging in a house across the street from the ocean and a short (5-7 minute) walk from where the retreat will be held. The Cottages at the Cape share a long border with the national seashore and are steps away from the beach. Many have a water view and lighthouse view. The exact unit will be chosen when we have final number of participants so photos may not be of exact unit but are approximate. I have been in some of these units and they are comfortable and clean. All have been renovated recently. If you stay here, you are welcome to spend as much time as you want in the ocean front home. The door will be open for you to enjoy the hot tub, fireplace, decks, etc. Except for breakfast, meals will be served in the main retreat house on the ocean.



Bedroom with queen bed:
\$925 pp

One Bedroom reserved, 1 more available



Bedroom with twin beds:

\$825 pp **ONE BED RESERVED**



PRICE INCLUDES

Lodging for 4 nights, all meals starting with dinner on Feb 2nd and ending with breakfast on Feb. 6th.
Group activities as described above including guided mindfulness practices and some group coaching.
Access to Erin's Mindfulness 101: The Power of Pausing, 6-week eCourse.
Mindful, magical, mentoring to help you usher in your best year yet.
One sound-side dinner at the Inn at Pamlico Sound.

An unforgettable location filled with endless natural inspiration and possibly including some new friends. The opportunity to stop and make sure you're climbing the right ladder: priceless.

**If space allows, you are also welcome to stay for the night of Feb. 6th for no extra charge. The official retreat activities will end on the morning of Feb. 6th as described above.