WINDY HILL
FARM AND PRESERVE

ITINERARY

LOVE THE ONE YOU ARE WITH – YOU!

February 5–6, 2027

Itinerary details are subject to change. Please contact our concierge team to plan your personalized experience.

FRIDAY, FEBRUARY 5

Arrive, settle in, and leave the everyday behind.

12:00–3:00 PM | Arrival & Check-In
Welcome to Windy Hill! Settle into your accommodations, enjoy lunch at Wilder, and make yourself at home.

3:00–5:00 PM | An Afternoon for Yourself
Ease into the weekend with a selection of experiences, including an in-room massage, private astrology session, garden tour and conversation, forest bathing, or meditation. *Some experiences may require advance reservations.*

5:30 PM | Horoscope Happy Hour with Susannah Perry
Gather for an evening of astrology, conversation, and a little fun, accompanied by drinks and light bites.

6:45 PM | Dinner at Wilder
Enjoy a seasonal Appalachian dinner prepared by our culinary team, with time to get to know the women sharing the weekend.

8:45 PM | Fireside Conversations & Reflection
Close the evening around the fire with an opportunity to reflect on what no longer serves you and what you'd like to make more room for in the year ahead.

SATURDAY, FEBRUARY 6

A little movement, a little reflection, and plenty of joy.

7:30 AM | Stretch & Release
Begin the morning with gentle movement and an opportunity to ease into the day.

8:00–9:30 AM | Breakfast at Wilder
Enjoy a leisurely breakfast before the day's programming begins.

10:00 AM | Spark Joy with Bonnie Casamassima & Mary Ellen Brewington
An uplifting morning of meditation, movement, music, and conversation centered on finding joy in everyday life, recognizing what may be getting in the way, and making more room for the things that matter.

12:30 PM | Lunch at Wilder
Gather around the table for a seasonal lunch.

1:30–2:30 PM | Finding Joy in Your Body & Health with Dr. Rocio Huet
A thoughtful conversation about caring for yourself, appreciating your body, and approaching health and well-being with greater intention.

3:00–5:00 PM | An Afternoon at Your Leisure
Spend the afternoon enjoying the farm or participating in select private sessions and activities.

Saturday Evening | Departure
The retreat concludes Saturday evening. Guests wishing to extend their time at Windy Hill are welcome to reserve an additional night at our standard lodging rates, subject to availability.