HAUTE MAMA WELLNESS ADVENTURES

BOULDER SPRING RETREAT

May 5th-10th, 2026

ENVISION THIS...

you're boarding a flight to Denver, Colorado for a 5-night Women's Retreat designed for restoration, connection, adventure, and unforgettable experiences.

Our basecamp will be the luxurious St. Julien Hotel., a European-inspired boutique hotel with mountain-town charm located in the heart of Boulder with stunning views of the Flatirons.

This retreat is the perfect blend of movement, nature, luxury wellness, and unforgettable experiences — designed with you in mind: the busy mom, the dedicated professional, the caregiver, the healer, or wearing all those hats at once and ready to reclaim some well-deserved "me time".

RETREAT ITINERARY

DAY 1

Tuesday | Arrival + Red Rocks Concert under the Stars

- Arrive and check in by 3:00 PM
- Meet the group in the lobby at 5:00 PM as we kick off the retreat with an epic evening at the legendary Red Rocks Amphitheatre for David Guetta — a performance we'll never forget

DAY 2

Wednesday | Wellness + Chautauqua Park Hike

- We begin with a slow flow yoga class and grounding meditation.
- After breakfast at a cozy local coffee shop, we'll head to Chautauqua Park for a beautiful spring hike
  The evening is yours to relax or explore Boulder's charming Pearl Street Mall

DAY 3

Thursday | Eldorado Canyon + Facial Acupuncture

- Start the morning with gentle restorative yoga, followed by breakfast at another local favorite café
- At noon, we venture out to Eldorado Canyon for a breathtaking midday hike
- Later, enjoy one of Dr. Stefanie Greenleaf's signature Facial Acupuncture sessions — leaving you feeling radiant, refreshed, and deeply restored

DAY 4

Friday | Hot Springs Day Trip

- Early morning gentle flow yoga class
- 9:30am - We depart for Iron Mountain Hot Springs in Glenwood Springs

DAY 5

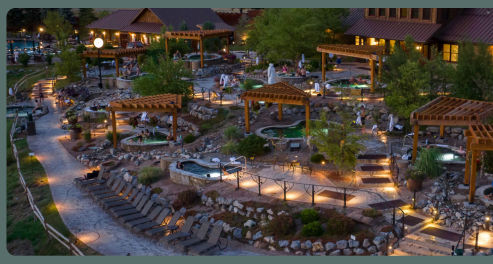
Saturday | Mount Sanitas Climb + Aura Photography

- Our final full day begins with a peaceful morning meditation and breakfast following
- We'll pack bagged lunches and take on an iconic Boulder climb: Mount Sanitas
- That evening, we gather for a truly unforgettable experience — an Aura Photography session and reading, capturing your energetic essence and revealing your unique energy field in a powerful, visible way

DAY 6

Sunday | Departure

- Departure day is filled with gratitude, connection, and heartfelt goodbyes — leaving you renewed and the kind of memories that linger long after we part ways



FRIENDS & FAMILY RETREAT RATE

$3,999 based on a single room rate
$2,999 based on a shared room rate

Your retreat fee includes:

- Hotel accommodations at St. Julien
- Entrance to the Red Rocks concert with iconic David Guetta
- All local transportation during the retreat
- Signature facial acupuncture treatment with Stefanie Greenleaf
- Admission to Iron Mountain Hot Springs with Premier Access to all 31 pools
- Aura Photography session + energetic reading
- Guided group Yoga, Meditation and Hiking experiences throughout the week

NOT INCLUDED

Guests are responsible for:

- Air travel to/from Denver
- Transportation between the airport and hotel
- All meals and food expenses

Scan the QR code or head to the link below to reserve your spot today:

https://bit.ly/4rf5wzc

10% deposit due by March 15th. Full payment to be made by May 1st.

THIS RETREAT IS FOR YOU IF...

You're craving time to breathe, move your body, reconnect with yourself, and experience the beauty of Colorado alongside an uplifting circle of women.

*Please note that the schedule is fluid and may have some changes due to weather

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