



HAUTE MAMA WELLNESS ADVENTURES

VERMONT FALL RETREAT

October 14th-18th, 2026

YOUR AUTUMN WELLNESS ADVENTURE JUST DROPPED...

In less than 90 days, envision your future self arriving in idyllic Manchester, Vermont for a 5 Day/4 night Autumn Reset curated for all the Fall Feels: self-care, adventure, connection, sublime sweater weather, & memories to match. Our Wellness Basecamp during the Retreat will be the landmark Equinox Resort in the heart of Southern Vermont.

Making time for yourself for 5 days may seem like a big ask, one that you easily push off for “when I have more time”. But I’m here to remind you that there is no greater priority or wellness hack than carving time out for you, being your own caregiver, stepping outside of your daily grind, movement, being in nature, and elevating your own frequency while synchronizing with like-minded women.

At Haute Mama Wellness Adventures, our retreats are designed with busy women in mind. They are the perfect blend of movement, nature, quiet luxury, wellness, and unforgettable experiences.

RETREAT ITINERARY*

DAY 1

Wednesday | Arrival: Opening Reception + Firepit Mocktails.

- Arrive and check in by 4:00 PM.
- Meet the group in the lobby at 5:00pm

DAY 2

Thursday | Morning Yoga + Mount Equinox Summit Hike

- We begin with a slow flow yoga class and grounding meditation.
- After breakfast at a cozy local coffee shop, we'll head to Mount Equinox for a beautiful Autumn hike.
- The evening is yours to relax or explore Manchester's quaint shops & outlets.

DAY 3

Friday | Morning Yoga & Hike to Lye Brook Falls

- Start the morning with gentle restorative yoga, followed by breakfast at another local favorite.
- At noon, we venture out to Lye Brook Falls for a breathtaking midday hike. The hike is approximately 1.5 hours to the waterfalls from our starting point, and 1 hour back.
- Later that afternoon, we'll gather for a sound bath and you're free to enjoy one of the Equinox's Spa sessions — leaving you feeling radiant, refreshed, and deeply restored.



DAY 4

Saturday | Yoga + Local Cultural Activity

- After a gentle flow yoga class, we head out to visit Hildene, the historic summer homestead of the Lincoln family.
- Spend the afternoon at Southern Vermont Arts Center.

DAY 5

Sunday | Departure

- Departure day is filled with gratitude, connection, and heartfelt goodbyes — leaving you recharged and with memories that linger long after we part ways.



PRICING OPTIONS

Kindly note: Peak foliage season is the most beautiful time of year to experience Vermont. Therefore, room rates tend to be on the higher side. I hope that in giving you several rooming options, that you will find one that works best for you.

ROOM TYPE | PRICE PER GUEST

“Connect” (3 Bedroom Townhome) | \$2,499

3 bedroom Townhome. Each townhome is a modern 3 bedroom, 3 bath Townhomes include a bi-level layout, spacious living room with fireplace, dining area, full kitchen, and separate bedroom key card access.

“Solo Sanctuary” | \$2,699

Private Queen Room (Avg. room size ~ 250 sq. ft.)

“Solo Sanctuary Premier” | \$2,999

Private King Room (Avg. room size ~ 470 sq. ft.)

WHAT’S INCLUDED

- Equinox Accommodations and access to all resort & spa amenities
- Guided group Yoga, Meditation and Hiking experiences throughout the week
- All local transportation during the retreat
- Admission fees to Parks, Points of Attraction, and Gondola Ride
- Daily Nourishing Breakfast to Fuel Your Adventures

NOT INCLUDED

- Air travel and transportation between the airport and hotel
- Lunches & Dinners – Left open all allow you free time to enjoy local farm-to-table dining, connect with fellow guests, or savor a quiet meal on your own.

THIS RETREAT IS FOR YOU IF...

You’re a busy woman craving time to breathe, move your body, reconnect with yourself, and experience the beauty of Autumn in Vermont alongside an uplifting circle of women.

HMW Retreats are kept intentionally exclusive and small. Spaces are limited. Reserve your spot today.

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



Scan the QR code or head to the link below to reserve your spot today:
<http://bit.ly/4w3xDmN>

Reserve Your Spot with a 50% Deposit. Remaining balance due by October 1st, 2026.