



**CRAVING  
CONNECTION  
BUT FEELING  
ZOOMED  
OUT?**

*Us too!*

**JOIN US FOR  
OUR FIRST  
LIVE RETREAT  
SINCE 2019!**

**Learn new techniques**

**Enjoy yummy food**

**Find support & connection**

**Laugh (a lot!)**

*"I learned so many ways to handle not only my anxiety but stress in general."*

*"It's like camp for anxiety sufferers!"*

*"It was so nice to be with people who totally get it. I found my tribe!"*

**WE CAN'T WAIT TO  
MEET YOU IN  
PERSON!**



# OUR HOME FOR THE WEEKEND

## The Guest House Retreat

### WHAT WE OFFER



**Private rooms with bathrooms**



**Fresh, locally sourced meals**



**17 wooded acres**

### CENTRALLY LOCATED IN CONNECTICUT

- 2 hours from NYC
- 2 hours from Boston
- 50 minutes from Hartford airport
- 20 minutes from Old Saybrook train

**318 WEST MAIN STREET  
CHESTER, CT 06412  
(860) 322-5770**



# A Weekend with



## THE ANXIETY SISTERS

### THURSDAY 01



- 3:00-6:00 ARRIVAL/MEET & GREET
- 6:00-7:00 DINNER
- 7:30-9:00 ORIENTATION/KICKOFF ACTIVITY

### FRIDAY 02

- 8:00-9:00 BREAKFAST
- 9:15-10:00 WORKSHOP: ANXIETY IS IN THE AIR!
- 10:15-11:00 WORKSHOP: BRAIN MATTERS
- 11:15-11:45 YOGA FOR ANXIETY
- 11:45-12:15 INTRO TO MEDITATION
- 12:30-1:30 LUNCH
- 1:45-2:30 WORKSHOP: TAKE A BREATH
- 2:45-3:30 AFTERNOON WALK IN THE WOODS
- 3:45-4:30 WORKSHOP: RIDING THE WAVE
- 4:45-5:30 ACTIVITY: MANTRAS
- 5:30-6:00 JOURNALING OR REST AND REFLECT
- 6:00-7:00 DINNER
- 7:30-9:00 SPIN KIT PARTY

### SATURDAY 03

- 8:00-9:00 BREAKFAST
- 9:15-10:00 MORNING MEDITATION
- 10:15-11:00 WORKSHOP: THOUGHTS ARE NOT FACTS
- 11:15-12:00 ACTIVITY: YOU'RE GROUNDED!
- 12:30-1:30 LUNCH
- 1:45-2:30 WORKSHOP: GUT FEELINGS
- 2:45-3:30 AFTERNOON WALK IN THE WOODS
- 3:45-4:30 WORKSHOP: THE SPIN CYCLE
- 4:45-5:30 ACTIVITY: NAME YOUR MONSTER
- 5:30-6:00 JOURNALING OR REST AND REFLECT
- 6:00-7:00 DINNER
- 7:30-9:00 EVENING ACTIVITY

### SUNDAY 04

- 8:00-9:00 BREAKFAST
- 9:15-10:00 ACTIVITY: WHAT ARE YOUR SUPERPOWERS?
- 10:15-11:00 MORNING WALK IN THE WOODS
- 11:15-12:00 WORKSHOP: STAYING CONNECTED
- 12:00-12:30 ACTIVITY: CLOSING CIRCLE
- 12:30-1:30 LUNCH





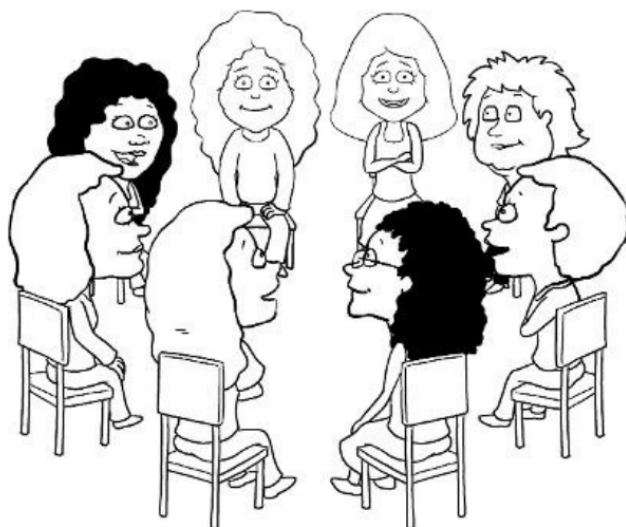
# THE DETAILS

- 3 NIGHTS OF PRIVATE ACCOMMODATIONS
- 3 MEALS + SNACKS DAILY
- WORKSHOPS, ACTIVITIES & ALL MATERIALS
- SMALL, INTIMATE GROUP OF 14 WOMEN
- 1-1 SUPPORT

ALL INCLUSIVE PRICE

**\$999**

**\$300 DEPOSIT HOLDS  
YOUR SPOT!**



## HOW TO PAY

send a check to:

**ANXIETY SISTERS, LLC  
24 REPUBLIC DRIVE  
MONROE TOWNSHIP, NJ  
08831**

**OR**

**USE PAYPAL:**

**absandmags@anxietysisters.com**

THERE IS A \$35 FEE FOR USING PAYPAL

DATES

**THURS-SUN  
DEC 1-4**

LOCATION

**CHESTER, CT  
THE GUEST  
HOUSE  
RETREAT**