



The Ocean Pause: A Restorative Retreat for Women in Midlife and Beyond **Weekend Proposed Itinerary: A Gently Held Flow**

Restoration isn't something to accomplish—it is something to allow.

A thoughtfully paced weekend designed to gently support women who spend so much of their lives supporting others. While intentionally planned, this itinerary may shift slightly to honour the natural unfolding of the weekend.

FRIDAY | Arriving and Letting Go

Theme: Setting Down What You Carry

- **3:00–5:00 PM | Arrival and Settling In**

Arrive at Quarterdeck, unpack slowly, walk the shoreline, or simply rest.

- **5:30–6:15 PM | Mindful Mocktails and Opening Circle**

A guided savoring practice through the senses, followed by a gentle welcome circle to set intention for the weekend. No pressure to share beyond your comfort.

- **6:30 PM | Dinner at Leisure**

- **8:00–9:00 PM | Settling the Waters: A Guided Relaxation for Settling the Nervous System and Restful Sleep**

A gentle evening practice designed to help you transition from the busyness of daily life into the slower rhythm of the weekend. Through calming breathwork, progressive muscle relaxation, and guided body awareness, you'll begin releasing physical tension, quieting the mind, and settling the nervous system.

A practice of arriving.

Of setting the weight down.

Of preparing the body and mind for deep rest.

SATURDAY | Replenishment and Rhythm

Theme: Restoring What Has Been Depleted

- **8:00 AM | Breakfast at Leisure**

- **9:30–10:30 AM | Gentle Mindful Yoga and Ocean-Inspired Breathwork**

Slow, accessible, trauma-informed movement and breath practices designed for midlife bodies and varying energy levels. Always optional and choice based.

10:45 AM–12:15 PM | Changing Tides Circle: Exploring Women’s Transitions (Optional)

A gently facilitated circle offering understanding and normalization of the physical, emotional, and nervous-system shifts associated with perimenopause, menopause, and post-menopause.

Focus includes:

- Common and often unspoken experiences
- Hormonal and nervous-system changes
- Practical, evidence-informed ways to support sleep, mood, energy, and stress
- Reducing isolation through shared perspective

Listening is participating. There is no expectation to share.

(Light refreshment provided)

- **12:30 PM | Lunch at Leisure**

- **1:00–5:00 PM | Protected Ocean Rest**

An intentionally spacious afternoon with no required activities and no expectations.

This time is yours to rest, and follow what feels most nourishing.

You may choose to:

- Use the pool or sauna
- Rest or nap in your room
- Sit by the ocean
- Journal
- Book a massage (if available)
- Join an optional guided earthing and mindful beach walk
- Or simply do nothing at all

This protected space is not a gap in the schedule. It is part of the design.

- **3:00–3:30 PM | Earthing and Mindful Beach Walk (Optional): Connecting with the Restorative Rhythm of the Ocean**

An optional guided experience inviting you to slow your pace, feel the sand beneath your feet, and reconnect with yourself through the restorative power of nature. Together, we'll explore the shoreline through mindful walking and sensory awareness.

Grounded in emerging research on nervous-system regulation and nature-based restoration, we'll explore the practice of earthing while gently awakening the senses through the sights, sounds, scents, and rhythm of the shoreline. This practice may be especially supportive for women in midlife by supporting nervous-system regulation, reducing stress, and encouraging a greater sense of calm and well-being.

A practice of grounding.

Of reconnecting.

Of rediscovering steadiness within.

- **6:30 PM | Dinner at Leisure**
- **8:00–9:00 PM | Ocean-Inspired Yoga Nidra: The Stillness Beneath the Waves**

A Guided Practice for Deep Rest and Sleep Support

This evening's Ocean-Inspired Yoga Nidra invites you beneath the surface into deeper stillness. Through gentle imagery and guided body awareness, this Ocean-Inspired Yoga Nidra supports nervous-system regulation and deep, restorative sleep.

A practice of depth.

Of quiet.

Of letting go completely.

SUNDAY | Returning Home with Intention

Theme: Carrying Restoration into Everyday Life

- **8:00 AM | Breakfast at Leisure**
- **9:30–10:45 AM | Gentle Morning Movement and Closing Integration**
A soft grounding practice followed by reflection and practical guidance for carrying the restoration, steadiness, and self-compassion cultivated throughout the weekend into daily life.
- **11:00 AM | Departure**