

CHELSEA FRISBEE

Sacred Earth Retreats

creating space for the soul

Frequently Asked Questions

1. Is this just like an Airbnb rental?

Nope! This unique offering falls somewhere in between an Airbnb rental, where you're just renting the space, and a facilitated group wellness or yoga retreat. It's designed for one person to work individually with Chelsea to create an intentional "pause" away from your busy life to really honor yourself and your own needs and build sacred connection with nature. Included in the cost of the retreat is two hours of self-care coaching, intention-setting and integration of more self-care and connection into your life! With support, you'll be able to slow down on your retreat without wondering "Am I doing it right?" or "What should I do now?" Together with Chelsea, you'll create a curated, personalized, supported, self-guided retreat just for you!



2. Will Chelsea be with me during the retreat?

These retreats are designed to be self-guided, so no, she won't be there. You'll go through a self check-in process and receive a guided tour and orientation virtually at the beginning of your retreat.

3. I'd like to do this with another person. Is that possible?

Yes! Even though these are designed for one person, it's possible to work with a small group (3-4 max) to create a customized retreat experience. Email chelsea@chelseafrisbee.com to start the conversation!

4. Where is the retreat located?

The retreat is located at a cabin on a small lake in Pittsford, VT. The cabin is one of twelve residences on a private lake.

5. What are your cleaning protocols between retreat guests?

The cabin is thoroughly cleaned between each guest, with all surfaces disinfected.

6. What sort of support will I receive before, during and after my retreat?

Included in the cost of the retreat is two hours of coaching, intention-setting and integration of more self-care and earth connection into your life after the retreat! You'll work with Chelsea to create an outline for yourself for the weekend and during your retreat, you'll have access to guided meditations, thoughtful poetry and inspirational quotes, grounding virtual yoga, and a quiet setting in nature.

7. How much does the retreat cost?

A curated three-day retreat including two hours of one-on-one coaching, customized retreat outline, and a cozy mountaintop cabin nestled into the wood, perfect for meditation, yoga, unwinding and connecting to yourself costs \$750.

9. What is a retreat like?

"Spending time at Chelsea's cabin allowed me space to pause and fully drop-into my own personal rhythm. Her thoughtfulness and perfect planning allowed me to be in the present moment, relax and experience the luxury of no plans or responsibilities. Based on our intentional conversations prior to the retreat, Chelsea developed a personalized schedule, guided meditations, yoga classes and readings all to meet my needs. **I recommend this retreat for anyone who needs to fully exhale**, have reflective time and wants to bask in the relaxation of enjoying a quiet cup of coffee early morning lakeside and swim multiple times a day." – Andrea

"My retreat was quiet and restful. Tucked away, the woods around the comfortable cabin connected me to nature. **The sounds of birds chirping, leaves rustling and gently falling, sun rising and setting each day felt like a world apart.** I chose to dive into a silent retreat without speaking to give space and quiet time for walks, a mountain hike, yoga, drawing, writing and reading. I realized that my life's purpose is to embrace my life fully, each and every moment." – Kim

"The space and retreat agenda are intentionally curated to allow you to feel cared for. My retreat was cathartic and transformational, allowing me the time and space to give attention to my thoughts and feelings. **I had a chance to listen to what brings me peace, and consider how I might implement habits in my lifestyle to bring true peace more often.** The cabin is cozy and has everything you need to treat yourself well. Chelsea thinks of every amenity, and is truly interested in creating an experience that best serves your intentions of self-care." – Christy

"I have to admit, I was a bit skeptical of a "self-care retreat." But after being gently guided, supported, and nourished by a day of Chelsea's retreat program, I can soundly attest that **this might be the best investment you make in yourself all year.** Chelsea's attentive and inquisitive spirit helps you figure out what you really want to get out of your retreat time, and her grounded presence keeps you focused on

your intentions. Leave your phone behind and let the frogs, crickets, and loons soothe you as you turn off the world and reconnect with yourself.” – Joyce

10. How can I sign up?

The first step is to schedule a free 45-minute Connection Call with Chelsea to see if this is a good fit!
You can schedule your call here: <https://chelseafrisbee.as.me/schedule.php>