

# CHELSEA FRISBEE

## Sacred Earth Retreats

*creating space for the soul*

Imagine – just this once you give yourself two days of dedicated “me time” to rejuvenate. You walk away feeling refreshed. You’ve filled up your cup so that you can go home and keep filling for others. You’ve reconnected with your true self – the self that gets lost in the daily shuffle. You lounged in a cozy cabin and swam in a lake and sat in a hammock with a book and a glass of lemonade. You’re inspired by thoughtful poetry and inspirational quotes. You have concrete action steps for how to bring more self-care into the rest of your life. You’re able to be present, calm, loving and joyful – because you got some quiet time for yourself.



And the best part is – even though you’ll be by yourself for the retreat, you won’t be creating this alone. I’ll help you to create a beautiful container to flourish in!

### What You’ll Enjoy:

Beautiful, held space and time to relax, unwind, and sink in without having to do it all yourself, as you enjoy:

- 900 square-foot, furnished, heated cabin
- 2 bedrooms, one bathroom, open full kitchen/dining/living room, sun porch
- Outdoor labyrinth, fire pit, lakeside swimming area and dock
- Kayaks, canoe, rowboat, fishing gear, swimming tubes
- Recommendations for local hiking, walking, and other outdoor activities

### What You’ll Receive:

Support to create the space the deepest part of yourself needs through:

- One-hour pre-retreat intention setting





and coaching call

- Personalized retreat outline
- Mountaintop cabin, outdoor space and waterfront area to yourself for the retreat
- Virtual yoga created specifically for this retreat experience by Kelsie Rockefeller of [Upstate Yoga Therapy](#)
- FREE BONUSES: guided meditations, inspirational poetry, writing prompts
- Action steps to build more sacred earth connection and self-care into your life
- One-hour post-retreat integration coaching call

### Location:

This cozy, peaceful cabin is located in rural [Pittsford, VT](#) on a small lake that is home to 12 residences. The cabin has friendly neighbors across the dirt road and to one side, with trees surrounding it on the other sides. It is across the road from the lake but has its own private lakeside access swimming area and dock just 50 yards away. 1.5 hours from Burlington, VT, 3 hours from Boston, and 4 ½ hours from NYC.

### What Others Have Experienced:

“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




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*The way the retreat was set up really worked – the pre-work with Chelsea was calming and grounding. Every detail was thought of and it was restful and quiet. I felt relaxed and joyful at the end of my weekend, and now I'm integrating ways to be more present, grounded and rooted in self-care into my everyday life with more ease and intention. Sign me up for next year!*

LISA DE MELOGUE

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## 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.

## Private Yoga Therapy for \$60/hour

Enjoy a private, virtual yoga session tailored to nurture your unique needs and accommodations for added support on your solo retreat. Moving beyond your typical yoga class, Yoga Therapy uses elements of asana, breath work, sound, and Ayurveda to create a personalized and deeply restorative experience. Yoga therapy available by virtual appointment only with Kelsie Rockefeller of [Upstate Yoga Therapy](#).

## Free Consult Opportunity

For an extra boost of magic to calm your nervous system, get out of negative thought loops, release fear, increase confidence and fully relax, schedule a free consult with Dr. Elizabeth Davidson (<https://www.drelizabethdavidson.com/>) before your retreat and she'll help you experience the power of highest quality essential oils (free samples!)

Ready to schedule your retreat?

Book your FREE 45-minute Connection Call with Chelsea to see if this is a good fit for you! <https://chelseafrisbee.as.me/schedule.php>