

Love Letters to Your Self

A Women's Wellbeing Retreat

March 3rd - 5th



Who do you *love*?

It comes naturally to show kindness, support, and grace to our loved ones. Why does it tend to be the opposite for our own selves? We belittle, judge, nit pick, and ridicule every feature and flaw, instead of witnessing the magic of what our bodies and soul give to us every day.

This retreat is a time of reflection and growth.

Of acceptance and reverence.

Of a mindshift to think fondly, talk kindly, and treat our selves with the respect and adoration she deserves.

Love Letters to Your Self

The Weekend

Guided sessions led by Amber Bobo on:

Relationship with your Self

How do you “see” yourself

How to negate self-sabotage

What is feminine energy

Bringing feminine energy into your daily life

A journal gift with prompts that you will use throughout your weekend experience

A beauty consult with Jessica Humerick, with her hair and makeup artistry bringing out your natural glow

An empowering Form photoshoot with Kvinna Studio embodying your reflections from the weekend

A Yin Yoga session with Amber Bobo

Relaxation and communal time around the firepit and soaking in the hottub

Enjoying the outdoors with a gorgeous bluff view of the Ouachita Valley

Sipping wine and joining in deliciously prepared communal mealtimes

Meet the Team



Amber Bobo

A highly experienced Health + Wellness Coach and Yoga Teacher, Amber has worked with people of all ages and walks of life. She has a gift to meet you exactly where you are on your journey, hold space, and support you. She has a real passion to be a service to others that has the potential to help them live longer, better lives.

She has worked in the health and wellness industry for over a decade and her education extends beyond nutrition and fitness: it touches on inner child healing, creating + achieving personal goals, and connecting to your highest self.

Ask Amber



Sarah Oden

Sarah is a fashion and portrait photographer with a penchant for classical art and romantic interior design. A firm believer in only sharing space with beloved items that serve a purpose, bring joy, or hold a memory—her pursuit of displaying evocative, timeless, tactile, and one-of-a-kind portraits in her own home led her to found Kvinna.

Sarah understands how to capture every type of woman at her best. A decade in the photography industry and her background in fine art has given her the expertise to deliver meaningful portraits worthy to be displayed for generations.

KVINNA



Jessica Humerick

Jessica is an award-winning Makeup Artist and Creative Consultant based in Little Rock, AR that works with photographers, designers, brides, and publications. Her work has been featured in national publications such as Vogue Italia, British Vogue, and People Magazine, as well as had the opportunity to work with numerous celebrities and key note speakers.

With experience of over a decade across multiple facets of the beauty industry, Jessica continues to broaden her passion for connecting with and showcasing the beauty within.

JESSICA HUMERICK
stylist. make-up artist.

Guided Wellness

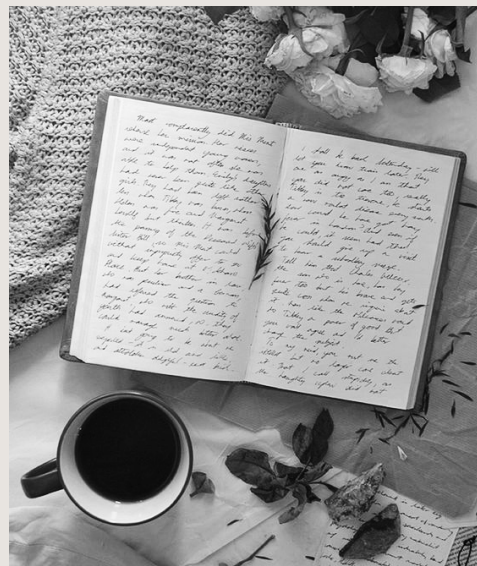
Amber Bobo

Amber will be your guide as you explore the relationship with your Self and to your body. She will begin by sharing her own personal experience and lead you in setting your intentions for the weekend. This is your journey. Your experience.

Amber will provide journal prompts for a deeper connection, reflection, thoughts, feelings, and any release or letting go. She will also teach you what feminine energy is and how to bring that energy in to balance with the masculine.

You will participate in a sharing circle that will serve as a support for the group, gaining new insights and providing for deeper reflection and application.

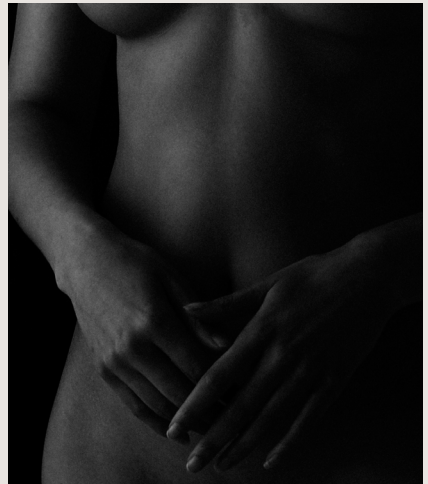
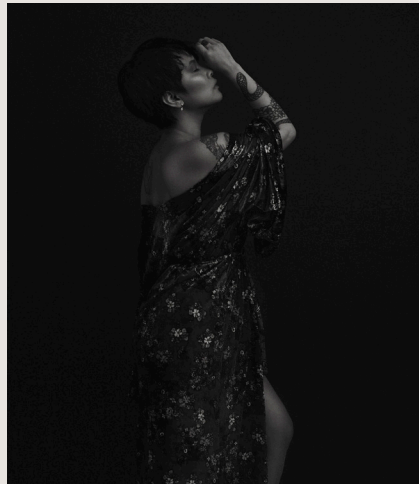
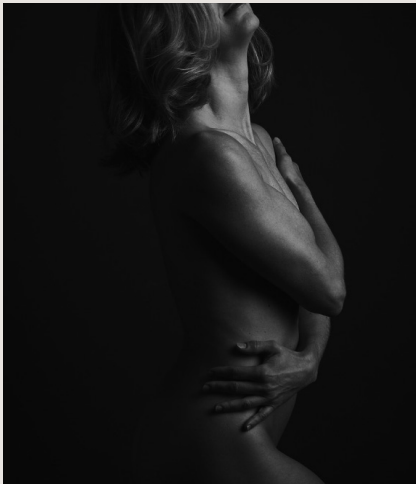
Amber will lead you in a Yin Yoga class. Yin Yoga is a slow-paced style of yoga. It generally targets the connective tissues of the hips, pelvis, and lower spine. The postures are held for longer periods of time to work into the deeper layers of the body. A waiver will be required to participate.



Form Photoshoot

Kvinna Studio

Kvinna Studio was founded with the purpose of capturing women in all her forms and stages of life. Their intimate Form Sessions were created as an alternative to the typical boudoir sessions one tends to see. Sexuality is an important part of the session but it is not the sole intent. Kvinna hopes to show women how strong and soft, sentient and sultry their bodies are, and celebrate the power of our physical, spiritual, and emotional souls intertwined within.



You will take part in an intimate session with Sarah Oden of Kvinna Studio. Jessica Humerick will have you looking camera ready with her natural glow artistry. Amber Bobo will be present to guide you through your reflections from the weekend. We create a safe, private space for our session and make sure you are comfortable throughout the process.



The image that most embodies you will be commemorated in a beautiful keepsake locket, to wear close to your heart and remind you of your renewed self love each day.

Where You Will Stay



Sunrise Summit

Our weekend escape will take place at Sunrise Summit in Hot Springs. This beautiful villa is a place of seclusion and serenity, with majestic views of the Ouachita Valley and Lake Hamilton.

The perfect place for relaxation and reflection, this cliffside sanctuary includes a hot tub and fire pit for outdoor enjoyment. We encourage taking advantage of the amenities and scenery, limiting screentime, and making it a weekend to remember.

The space offers three bedrooms for our guests. You may choose to have a room to yourself for peak “you time”, or opt in to bringing along a friend to share in the experience. Please note that the bedrooms are king and queen beds, and may have the possibility of a shared bathroom. The bunkroom is reserved for the weekend sponsors.

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A Women's Wellbeing Retreat

Investment

A weekend stay in a tranquil Hot Springs retreat

A guided exploration of your relationship to your body

A beauty session with Jessica Humerick

A Form photoshoot with Kvinna Studios

A Yin Yoga session with Amber Bobo

Keepsake gifts from the team

All meals for the duration of your stay

\$1,625 private bedroom

\$1,275 shared bedroom

price is per guest with 2 guests to a room
guests must book together, strangers are
not paired together in a shared room

We would love for you to join in on this journey with us. We can't wait to meet you.