

THE REGULATED WOMAN RETREAT™

You've been the steady one for years.

Nothing about your life will change while you're gone. How you carry it when you get home will.

OCTOBER 8-11, 2026 · SUTTLE LAKE LODGE · SISTERS, OREGON

Four days away from the busyness of your life, so you can go home and pick it back up without the heaviness. Not a spa weekend. Not therapy. This is body-based work at a lodge on a quiet lake, with a small group of women who are also tired of being the one who holds it all together. First retreat or your tenth. Every activity is opt-in — if your body says rest instead, that's a full participation.

What's included

- **Guided Suttle Lake hike** with integrated somatic flow teaching, so your nervous system starts learning what it feels like to move without bracing.
- **Juicy Roll Method classes** with founder Malaena Kelson — multiple fascial release sessions where your body lets go of bracing it has held for years.
- **Conscious Connected Breathwork** with Courtney Beam, who will show your body what it has been doing with the breath you weren't paying attention to.
- **Black Sands ATV adventure** — a ride wild enough to wake your body up, in a setting safe enough for it to realize that being wide awake and being okay can happen together.
- **Three chef-prepared anti-inflammatory meals every day** — functional nutrition by Chef Susan, designed around blood-sugar balance, hormone support, and recovery.
- **Roundtrip transportation** from Redmond Regional Airport to lodging and all activities.
- **Take-home cork roller and body reset guide**, so the fascial work continues after you leave.
- **Post-retreat integration call** with Kelsey, to anchor the experience before real life resumes.

What's not included

- Flights to and from Redmond Airport
- Travel insurance — recommended in case of illness, flight disruption, or emergency cancellation
- Personal shopping, souvenirs, and alcohol (the retreat is alcohol-free)

The four days

THURSDAY, OCTOBER 8

Arrival & the Exhale

Arrive in Sisters and let the pace of the world drop away, settling into your private space at The Point with welcome gifts and grounding tea. Then gather at The Den for opening workshops — beginning with Kelsey on the difference between performance and presence, and a Survival Archetype decode — followed by a Fascial Wake-Up Session with Malaena to prepare your body for the deeper work ahead. The evening closes around a chef-prepared fall harvest dinner and an early rest.

FRIDAY, OCTOBER 9

Grounding, Release & The Burn

Morning opens with a full Fascia Rolling Class with Malaena — an introduction to the Juicy Roll Method, body mapping, and an orientation to the take-home cork roller you'll keep using long after the retreat ends. The afternoon moves to a guided hike along the Suttle Lake Loop, with breath and reflection built into the walking itself, so your body has time to catch up with everything the morning stirred loose. Then rest. After dinner, gather around the fire for the Firelight Survival Burn™, a guided ritual on releasing the braced self, with grounding breathwork as the flames work.

SATURDAY, OCTOBER 10

Adventure & Reclamation

Morning begins early as we set out on the Black Sands ATV Tour — a ride through ancient volcanic terrain wild enough to prove to your body that it can feel fully alive and still be safe. Sack lunch provided. Back at the lodge, we move into a longer session of fascial work and breath, softening what the morning stirred up before it has anywhere to go. This is the deepest release of the weekend, and it lands exactly where it should: after the body has been fully alive and is finally ready to let something go.

SUNDAY, OCTOBER 11

Integration & Return

The final morning opens with a fascia rolling session at The Den, then a closing session with the Ritual of Return™ — a reflection that compares how you arrived to how you're leaving. Then the group gathers for a goodbye brunch. Four-night guests depart after this, leaving with the tools, the body memory, and the integration plan to carry the work forward into the life you return to.

OPTIONAL EXTENSION · SUNDAY NIGHT – MONDAY MORNING

For Four-Night Guests

For those staying an additional day, the afternoon opens into horseback riding through the Sisters landscape, followed by free time and dinner in town. Monday morning is a sunrise hot air balloon ride over the high desert — a proper send-off for a body that finally feels fully alive — followed by one last breakfast together before departures.

Rooms & prices

Every tier includes the whole retreat — the sessions, the meals, the excursions, the transportation. The only difference is where you sleep. Payment plans are available for every room.

ROOM	WHERE	PRICE
Shared Twin XL Loft sleeping area, accessed by ladder. Comfortable and airy.	Shared · Main Lodge	\$1,900
Shared Queen Loft or main level, accessed by stairs. Comfort and calm.	Shared · Lodge / Cabin	\$2,600
Single Queen Shared cabin with shared bath access. Privacy and connection.	Private · Deluxe Cabin	\$2,900
King Ensuite Private king bed inside the lodge. Quiet and set apart.	Private · Main Lodge	\$3,200

When you're ready

Two ways in, and no wrong one. Talk it through with Kelsey first, or put it in writing.

Schedule a 30-minute fit call:

calendly.com/kelsey-pathtotruenorth/30min

Apply in writing:

truenorthresilience.hbportal.co/public/69ab987a3b2c77002c8e28d5

Rooms release back to the lodge around September 1, so the earlier you decide, the more choice you have. The retreat runs October 8–11 either way.