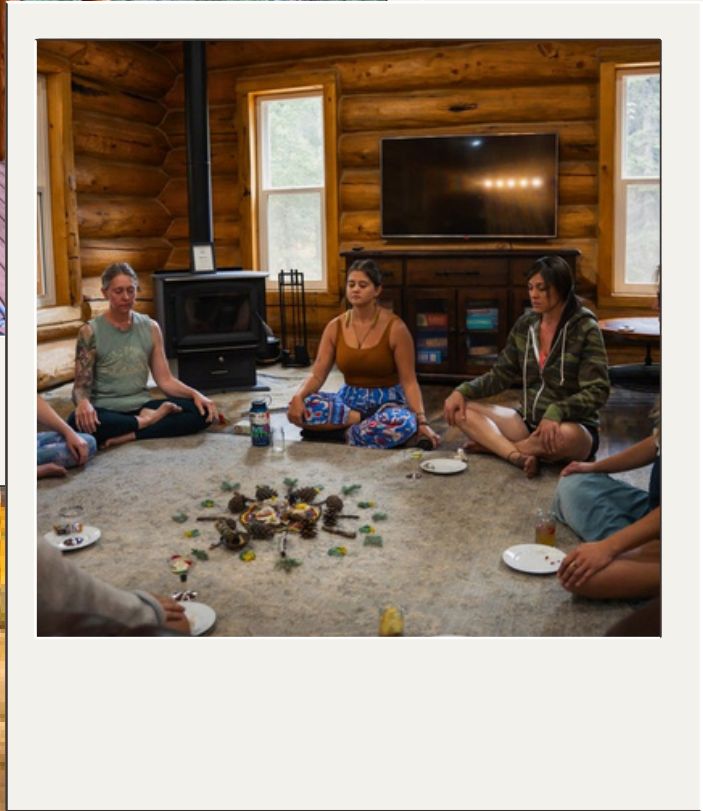
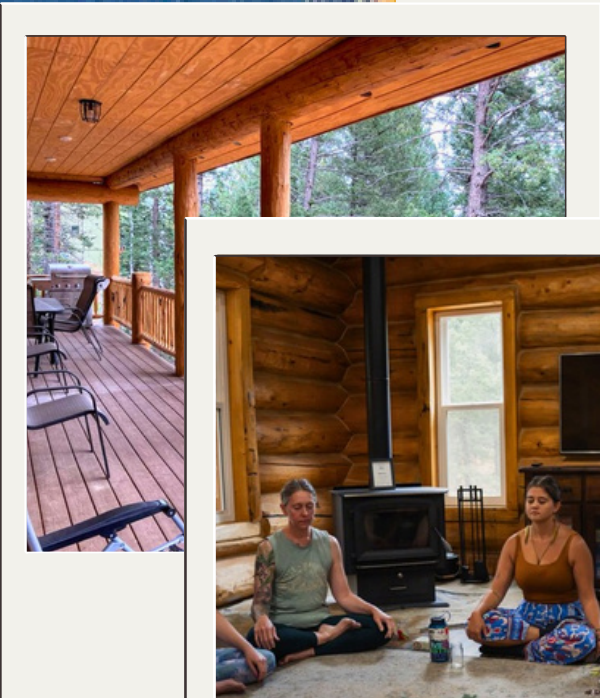


BREATHE & BREEZE

info packet

WOMEN'S
YOGA &
MINDFULNESS
NEW YEARS
WEEKEND
RETREAT
DECEMBER 31, 2026
- JAN 3, 2027
Divide, Colorado



HELLO, I'M SO HAPPY YOU'RE HERE!



Jordan Norman, the founder of Ivy Wild Wellness and Host of Breathe & Breeze, is a devoted yoga teacher and holistic guide who creates intentional spaces for deep healing, self-discovery, and embodied presence. Jordan weaves together gentle yet powerful practices that invite women to reconnect with their inner wisdom.

Ivy Wild Wellness was founded on the belief that healing is a wild, sacred, and deeply personal journey. Rooted in the rhythms of nature and the wisdom of the body, Jordan Norman created Ivy Wild for those seeking holistic alignment—mentally, physically, emotionally, and spiritually. Through yoga, mindfulness retreats, sound healing, Reiki, and feminine-centered wellness education, Ivy Wild Wellness empowers women to reconnect with their inner truth, reclaim their health, and live with intention and connection.

Imagine a few days set apart from the noise and chaos of typical New Year's celebrations — days where your only focus is to breathe deeply, move intentionally, reconnect with yourself, and step into the year ahead with clarity.

This is what awaits you: slow mornings, grounding movement, intentional rituals, nourishing meals, and space — real space — to reset your energy and begin again.

Our retreat is more than a getaway. It's a conscious threshold into a new chapter. Through meditation, movement, vision boarding, and connection, you'll be guided to release the past, anchor into the present moment, and align with what you're calling in.

If you're craving a different way to enter the new year — one that feels clear, elevated, and deeply aligned — this experience was created for you.

We would be honored to have you join us.

Will you step into the new year differently?

With love and presence,

Jordan



MEET YOUR HOST

Jordan Norman

Yoga Teacher | Retreat Leader | Wellness Guide

Hi, I'm Jordan, and I'm so honored to be your host for this retreat!

My journey into wellness began when yoga first captured my heart. Through deepening my practice and completing my 500-hour yoga teacher training, I discovered how powerful it is to reconnect with the body, mind, and spirit — and I knew I wanted to help others experience the same transformation.

Since then, I've had the honor of hosting multiple Breathe & Breeze retreats, each one deepening this work and showing me just how impactful this space can be. What began as a 2-night reset has now evolved into a 3-night, extended weekend — allowing you more time to truly unwind, settle in, and receive, while still being mindful of your schedule and commitments.

Today, I work with clients through private and group yoga, Reiki & massage sessions, fertility awareness coaching, sound healing events, and wellness retreats. Everything I offer is centered around the belief that true healing comes from within — sometimes we just need the right tools, support, and sacred space to remember it.

I'm so excited to guide you through this retreat experience. It's going to be a beautiful journey of connection, renewal, and empowerment — and I'm so grateful you're here!

www.ivywildwellness.com

IG: @adventuresofjordannorman

@ivywildwomen

A photograph of three women laughing and talking in a forest. One woman on the right is clapping her hands. They are standing in front of a large tree trunk. The background is filled with green foliage and trees.

BREATHE & BREEZE RETREAT OVERVIEW

Dates: Dec 31, 2026- Jan 3, 2027

Location: Divide, Colorado 80814

Duration: 3 nights

Group Size: Intimate setting with up to 9 participants,
1 host, 1 assistant/ chef & 1 additional facilitator

Step away from the noise and step into the new year with intention at our New Year's Edition retreat, designed for women seeking a meaningful yet accessible reset. Set in a peaceful, nature-filled environment, this experience offers a thoughtful blend of daily yoga, guided mindfulness practices, nourishing meals, and space to reflect, release, and realign. Immerse yourself in a few days of movement, stillness, and connection — all while embracing the clarity and calm of a conscious start to the year.

- Daily yoga sessions (Vinyasa and Yin)
- Deep rest practices including Yoga Nidra
- Guided mindfulness mountain hike
- New Year's Eve intention-setting + release ritual
- Vision boarding + manifestation workshop
- Women's circles for reflection, connection, and integration
- Evening sound baths and meditation
- Nourishing, thoughtfully prepared meals throughout the retreat
- Welcome gift to ground your experience
- Comfortable accommodations (private or shared options)
- Alcohol-free New Year's mocktail celebration
- Tea, quiet time, and space to simply be
- & more!

THURSDAY

ARRIVAL + NEW YEAR'S EVE EXPERIENCE

6:00 PM — Arrival & Settle In

Arrive at the cabin & receive welcome gift

6:15 PM — Light Bites & Mocktails (Open Flow)

Apps & festive, alcohol-free drinks available as you settle in

6:30 PM — Opening Circle & Intention Setting

Ground into the space, meet the group, and set intentions

7:15 PM — Nourishing Dinner

A warm, wholesome meal shared together

8:30 PM — Slow Flow Yoga + Sound Bath

Release the day, arrive in your body, and prepare for NYE!!

9:45 PM — Ecstatic Dance Journey

A guided, high-vibe movement experience to shake off the past

10:45 PM — New Year's Ritual

A deeper, intentional release ceremony + guided reflection

11:30 PM — Integration + Free Flow

Journaling, connection, music, or simply being

11:50 PM — Countdown Gathering

Come together and prepare to welcome the new year

12:00 AM — New Year Celebration

Mocktail cheers, music, sparklers/poppers, laughter, and a fully present, high-vibration celebration

12:30 AM — Wind Down & Rest

Tea, soft music, and cozy integration as the evening gently closes



FRIDAY

NEW YEAR'S DAY: CLARITY + CREATION

8:00 AM – Slow Morning Coffee & Light Bites

Ease into the day as you gently wake up

9:00 AM – Vinyasa Flow Yoga

An intentional practice to awaken the body

10:30 AM – New Year's Day Brunch

A cozy, nourishing brunch to gather & connect

11:45 AM – Vision Boarding + Manifestation

Guided clarity practices, and vision boarding

1:30 PM – Rest & Free Time

Time to integrate, relax, nap or journal

4:00 PM – Women's Circle

Reflect, share, and be held in a supportive space

5:45 PM – Dinner

A warm, nourishing meal shared together

7:00 PM – Yoga Nidra & Sound Bath

Deep rest and nervous system reset

8:30 PM – Tea & Early Wind Down

Herbal tea, quiet connection, and an early night to fully restore



SATURDAY

INTEGRATION, NATURE & EMBODIMENT

7:30 AM — Coffee & Tea

Ease into the morning with a warm drink

8:00 AM — Vinyasa Flow Yoga

An energizing, breath-led practice to awaken

9:30 AM — Nourishing Breakfast

A vibrant, grounding meal to fuel your day

10:30 AM — Mindfulness Hike & Picnic

Connect with nature through a guided hike

2:15 PM — Rest & Free Time

Time to integrate, relax, journal, nap, or simply enjoy the space at your own pace

4:45 PM — Future Self Letter Writing

A guided, reflective practice to write a letter to your future self — anchoring into intentions

6:00 PM — Dinner

A nourishing, cozy meal shared together

7:00 PM — Yin Yoga, Meditation & Sound Bath

A deeply restorative evening practice to calm the nervous system and ground your energy

8:30 PM — Tea & Wind Down

Herbal tea, soft connection, and a restful close to the day

SUNDAY

NO SUNDAY SCARIES

6:00 AM — Tea & Coffee

Enjoy a warm, soothing drink as you reflect on the weekend

6:30 AM — Sunday Yoga Sadhana

A yogic practice to ground you into yourself while planning for the week ahead

7:30 AM — Nourishing Breakfast

A nutritious meal to jumpstart your Sunday

8:30 AM — Final Photo & Goodbyes

A short, heartfelt closing to reflect, share, and honor the weekend together

9:00 AM — Depart

Say your goodbyes and depart with a renewed sense of clarity and peace

ACCOMODATIONS AND AMMENITIES



Nestled in the trees and kissed by mountain breezes, our retreat cabin is the perfect hideaway for pressing pause on the outside world. Built in 2022, this modern yet cozy log cabin offers the ideal blend of rustic charm and everyday comfort.

With **5 serene bedrooms, 3 full bathrooms, and two spacious living rooms**, there's plenty of room to relax, connect, or find a quiet moment to yourself. Whether you're sipping tea by the fireplace, lounging on the balcony with a view, or catching your breath in a hammock beneath the pines, every space is designed to help you unwind.

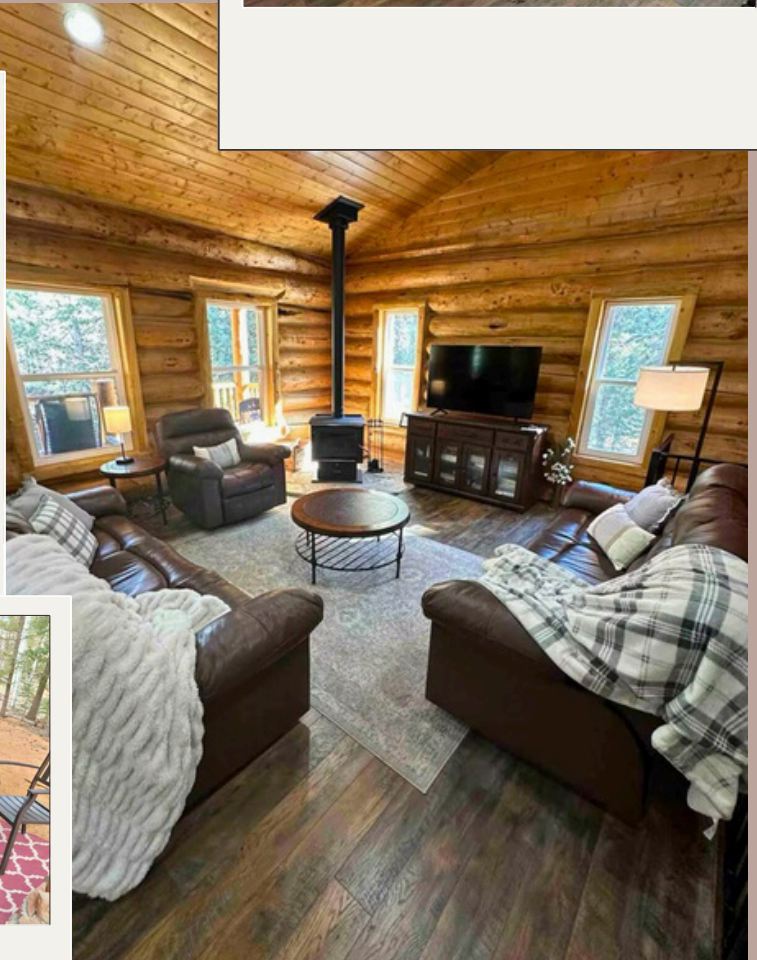


Step outside and you'll find walkable lakes, mountain views, and sweet little pleasures like ping pong, horseshoes, and cozy outdoor seating areas.

Need to stay lightly connected? We've got WiFi, heating, and all the amenities to keep you comfortable while you reconnect with nature—and yourself. This is your invitation to slow down, breathe deep, and settle into stillness. The mountains are waiting.



THE CABIN

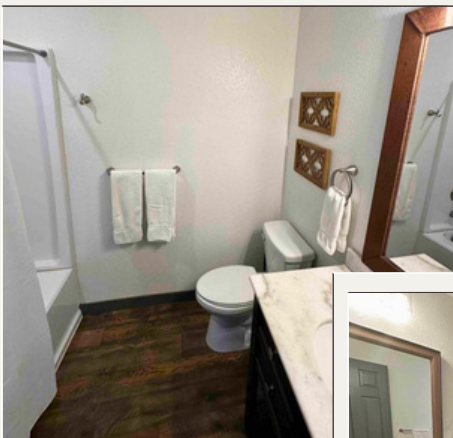




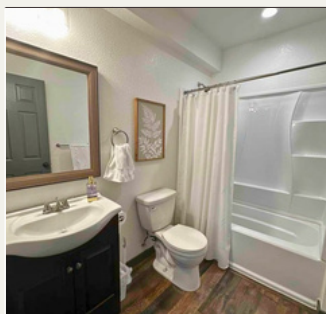
PRIVATE QUEEN BEDROOM

Your own private bedroom with a queen bed (multiple rooms available)

Shared Bathroom



\$1,250



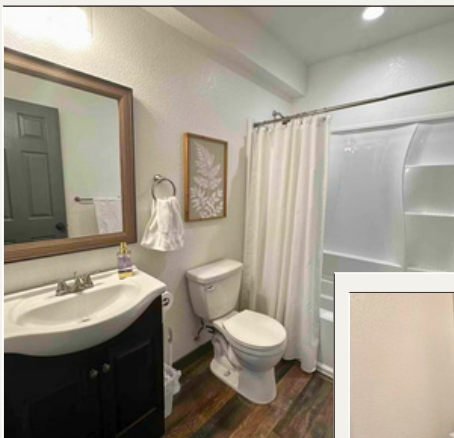
ROOM CHOICES



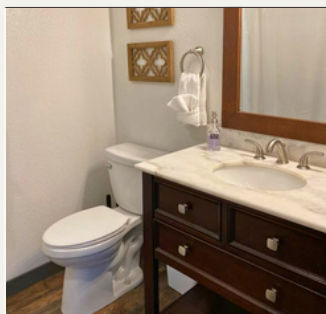
SHARED QUEEN BEDROOM

A private room to share with a friend! (price is pp)
(multiple rooms available)

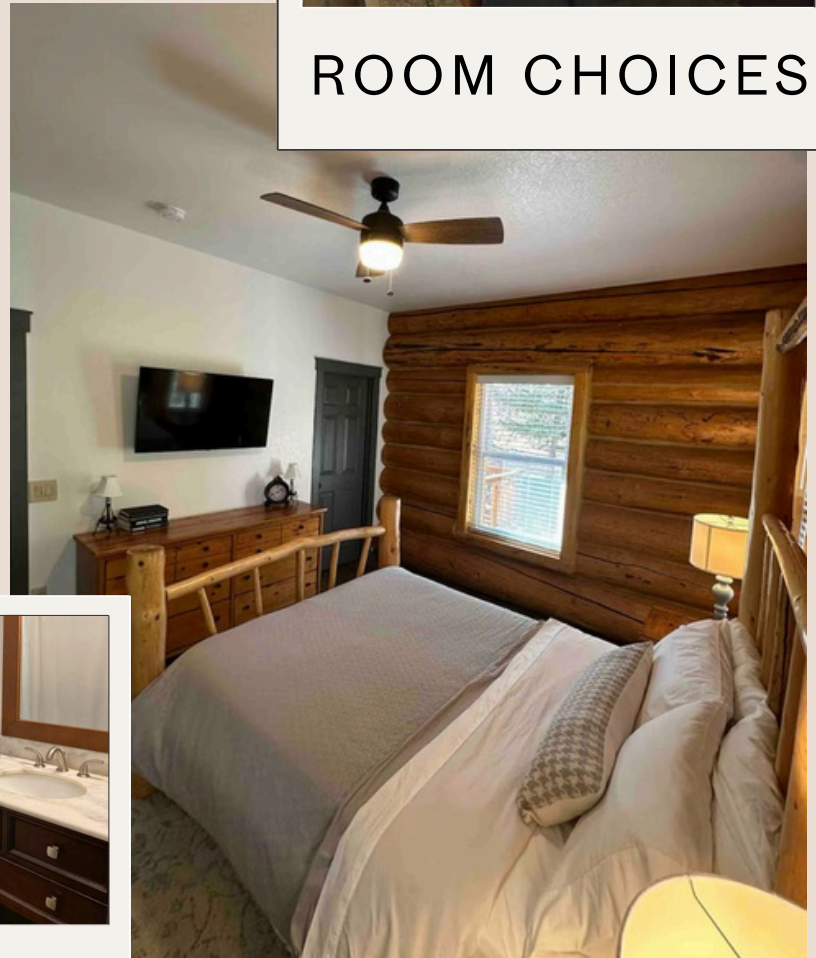
Shared Bathroom



\$1,000



ROOM CHOICES

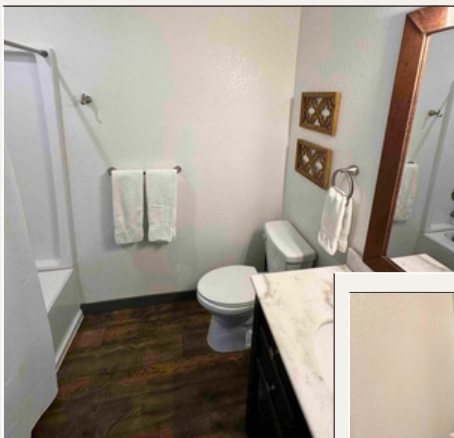




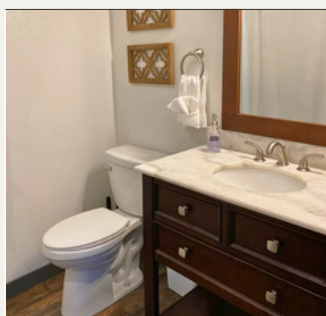
DORM ROOM

A shared dorm room with bunk beds (multiple rooms available)

Shared Bathroom



\$850



ROOM CHOICES





MEALS & DIETARY INFO

At Breathe & Breeze, meals are more than just fuel—they're part of the healing. Each dish is thoughtfully prepared to warm the body, support digestion, and leave you feeling grounded, nourished, and balanced.

We'll be serving wholesome, nutrient-rich meals throughout the retreat, with a focus on seasonal, winter-inspired ingredients and Ayurvedic principles. Expect warming, comforting dishes that are both grounding and gently energizing—designed to nourish your body without heaviness.

Sample meals may include:

- Spiced coconut quinoa porridge with stewed fruit + seeds
- Roasted root vegetable bowls with grilled salmon or lemon-herb chicken
- Warming lentil and sweet potato soup with gluten-free bread
- Hearty veggie curries or tacos with optional grass-fed beef or shredded chicken
- Breakfast scrambles with local eggs, sautéed greens, and herbs
- Chia puddings, warming tonics, herbal teas, and nourishing snacks

We're happy to accommodate dietary needs and preferences—just let us know as soon as possible so we can make sure you're well taken care of.

(Vegan, vegetarian, gluten-free, dairy-free, & more options available.)



WHAT'S INCLUDED

3 nights lodging in a cozy, modern retreat space immersed in nature

All meals + nourishing snacks (New Year's Eve dinner through Sunday breakfast)

Daily yoga practices (vinyasa, yin, restorative, and Yoga Nidra)

New Year's Eve conscious celebration + midnight ritual

Ecstatic dance experience to move, release, and celebrate

Vision boarding + manifestation workshop

Future self letter writing experience

Evening sound baths for deep rest and integration

Guided meditation, mindfulness, and sadhana practices

Mindful nature hike with reflection

Opening ceremony + intention setting

Coffee, tea, warming tonics, and herbal beverages throughout

Welcome gift thoughtfully curated for your experience

Spacious free time to rest and simply be



WHAT'S NOT INCLUDED

- ✘ Transportation to and from the retreat location (45 min from Colorado Springs or 1.5 hour drive from DEN Airport)
- ✘ Travel insurance (optional, but recommended)
- ✘ Massage or Reiki sessions (available by request for an additional fee)
- ✘ Personal items and toiletries
- ✘ Alcohol or recreational drugs (this is a substance-free space)
- ✘ Cell service in some areas of the property or activities —embrace the unplug
- ✘ Yoga mat + props — be sure to pack your own please!

FAQ

WHAT IF I CAN'T ARRIVE AT 6?

CHECK-IN IS FLEXIBLE! WHENEVER YOU NEED TO ARRIVE FRIDAY AFTER WORK & OBLIGATIONS IS OK, JUST LET US KNOW!

WHAT KIND OF FOOD WILL BE SERVED?

WE'LL BE OFFERING NOURISHING, WHOLE-FOOD MEALS THROUGHOUT THE WEEKEND. MEALS INCLUDE PLANT-FORWARD OPTIONS WITH SOME MEAT AND FISH, PLUS SNACKS AND HERBAL TEAS.

LET US KNOW OF ANY DIETARY NEEDS AS SOON AS POSSIBLE SO WE CAN ACCOMMODATE THEM LOVINGLY.

IS TRANSPORTATION INCLUDED?

TRANSPORTATION TO AND FROM THE CABIN IS NOT INCLUDED. YOU WILL NEED TO ARRANGE YOUR OWN RIDE. CARPOOLING CAN BE ARRANGED.

THE HIKE MAY REQUIRE CARPOOLING OR DRIVING YOURSELF—WE'LL COORDINATE THIS TOGETHER AS A GROUP ONCE EVERYONE ARRIVES.

IS THERE WIFI OR PHONE SERVICE?

YES, THE CABIN HAS WIFI, BUT SOME AREAS ON THE PROPERTY MAY HAVE LIMITED CELL SERVICE.

WHAT'S THE SLEEPING ARRANGEMENT LIKE?

THE SLEEPING ARRANGEMENT IS BASED ON YOUR CHOICE AT THE TIME OF BOOKING, SOME PRIVATE AND SOME SHARED. ALL BATHROOMS ARE SHARED.

CAN I BOOK A MASSAGE OR REIKI SESSION?

YES! WE WILL HAVE OPTIONAL MASSAGE AND REIKI SESSIONS AVAILABLE ON-SITE FOR AN ADDITIONAL FEE. SIGN-UPS PRIOR OR ON ARRIVAL.

CAN I BRING ALCOHOL OR OTHER SUBSTANCES?

THIS IS A SUBSTANCE-FREE RETREAT. WE KINDLY ASK THAT NO ALCOHOL OR RECREATIONAL DRUGS BE BROUGHT OR CONSUMED ON THE PROPERTY.

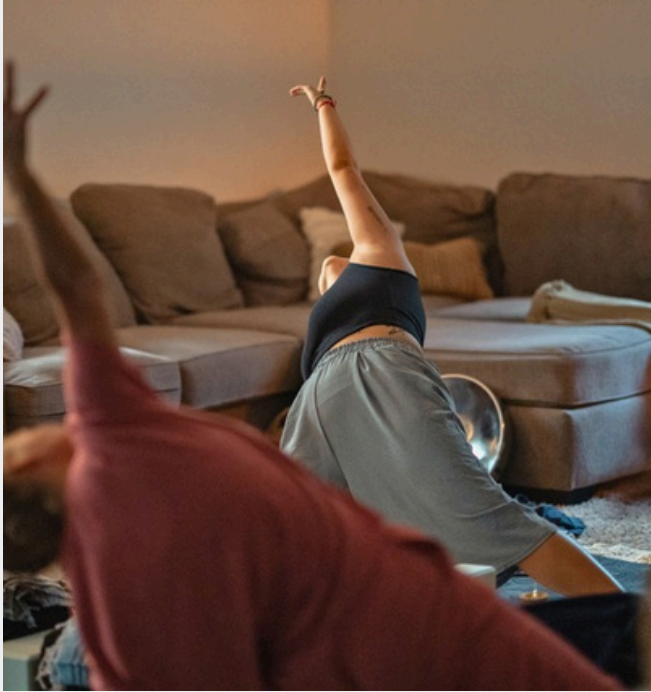
WHAT SHOULD I PACK?

THERE WILL BE A PACKING LIST PROVIDED IN THE WELCOME GUIDE.

ARE ALL ACTIVITIES REQUIRED?

NO! TAKE AS MUCH TIME TO ATTEND OR REST AS YOU SEE FIT.

READY TO SAY YES TO YOURSELF?



There's a reason you're here, reading this. Something inside you is ready for a different kind of New Year — one rooted in clarity, intention, connection, and a deeper sense of self.

This retreat is your invitation to:

- Step away from the noise of traditional celebrations and reconnect with what truly matters
- Release the past year and step into the new one feeling grounded, clear, and aligned
- Surround yourself with nature, like-minded women, and high-vibe energy
- Create meaningful rituals and practices to carry into the year ahead
- Experience what it feels like to celebrate fully present, fully alive



Your time is valuable. Your energy is sacred. You deserve to begin the year in a way that actually honors you. Spots are limited to keep this experience intimate and intentional.

If your heart is saying yes — trust it.
Book Your Spot Now

We can't wait to welcome you into this intentional, elevated space.

Feel free to contact me in the meantime.

Jordan

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