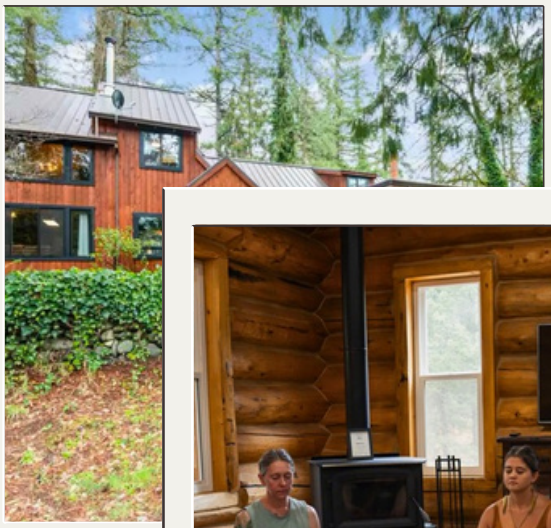
BREATHE & BREEZE

info packet

WOMEN'S YOGA & MINDFULNESS WEEKEND RETREATS

SEPT 24-27, 2026

Sandy, Oregon



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 pace of daily life — days where your only job is to breathe deeply, move gently, reconnect with nature, and listen to the wisdom within you.
This is what awaits you in the Colorado mountains: clear skies, quiet mornings, soulful workshops, nourishing meals, and space — real space — to just be.
Our retreat is more than a getaway. It's a journey back to yourself. Through meditation, movement, creativity, and connection, you'll be invited to slow down, root into the present moment, and rediscover what lights you up from the inside out.
If you're craving time to recharge, realign, and step into a more grounded, inspired version of yourself — this experience was designed for you.
We would be honored to have you join us.
Will you answer the call?

With love and presence,

Jordan

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@ivywildwomen

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.
As my path unfolded, I expanded into Reiki energy healing, massage, sound healing, fertility educator & more. Supporting women in reconnecting with their bodies, honoring their natural rhythms, and reclaiming their inner wisdom has become my true passion.
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!

BREATHE & BREEZE RETREAT OVERVIEW

Dates: September 24-27, 2026
Location: Sandy, Oregon
Duration: 3 nights
Group Size: Intimate setting with up to 8 participants, 1 assistant, 1 host & 1 additional facilitator

Escape the hustle and recharge in nature with our Weekend Reset Retreat, designed for busy women seeking a quick yet transformative break. Nestled amongst the Sandy River, this retreat offers a perfect blend of daily yoga, guided mindfulness hiking, nourishing meals, and breathtaking views of rivers and forests. Immerse yourself in a weekend of movement, stillness, and connection—all while embracing the tranquility of the outdoors.

- Daily yoga sessions (Vinyasa and Yin)
- Yoga Nidra
- Guided mindfulness mountain hike
- Women's circle for shared reflection
- Evening sound baths and meditation
- Nourishing meals throughout the retreat
- Welcome gift
- Comfortable accommodations (private or shared options)
- Evening mocktail hour
- Tea and quiet time
- & more!

THRUSDAY

ARRIVE & GROUND

6:00 PM — Arrival at the Riverside Cabin
Settle into your room, explore the riverfront property, and receive your welcome gift

6:15 PM — Light Bites & Mocktails
Simple appetizers and refreshing drinks as you arrive and connect

6:30 PM — Welcome & Intention Setting
A brief opening circle to ground, review the weekend, and set personal intentions

7:15 PM — Dinner
A nourishing, wholesome meal enjoyed together

8:30 PM — Slow Flow, Nidra & Sound Bowls
A deeply relaxing guided rest practice with sound to help downshift the nervous system

9:30 PM — Tea & Rest
Herbal tea and early wind-down for restorative sleep

FRIDAY

MOVE, BREATHE & UNPLUG

7:00 AM — Coffee & Tea
7:30 AM — Morning Vinyasa Flow
An energizing, accessible yoga class to wake up the body and clear the mind
9:00 AM — Breakfast
10:00 AM — Forest Walk & Mindfulness Reset
An easy, guided walk through nearby forest and river paths focused on presence
12:30 PM — Lunch
1:30 PM — Free Time / Bodywork
Optional massage or Reiki, rest, journaling, river time, or quiet reflection
4:00–5:30 PM — Women's Circle
A guided, supportive space for reflection, connection, and releasing stress patterns
Focused on nervous-system safety, boundaries, and stepping into the new version of yourself
6:00 PM — Dinner
A nourishing, grounding meal shared together
8:00 PM — Yin Yoga & Sound Bath
Slow movement and calming meditation to unwind the body and mind
9:00 PM — Evening Free Time
Hot tub, river deck time, journaling, or early rest

SATURDAY

RESET & RELEASE

7:00 AM — Coffee & Tea
7:30 AM — Morning Yoga: Strength & Ease
A grounding flow focused on confidence, stability, and feeling supported in your body
9:00 AM — Breakfast
10:30 AM — Free Time / Healing Sessions
Massage, Reiki, solo reflection, river, or naps
1:00 PM — Lunch
3:00 PM — River Reset: Cold Plunge & Flower Ritual
An optional river cold plunge paired with simple breathing, reflection & release ritual
5:30 PM — Free Time
7:00 PM — Closing Dinner
A relaxed, celebratory meal to connect and reflect on the weekend
8:30 PM — Closing Ceremony

SUNDAY

NO SUNDAY SCARIES

7:00 AM — Coffee & Tea
Light morning beverages available as you begin to pack and prepare for the day

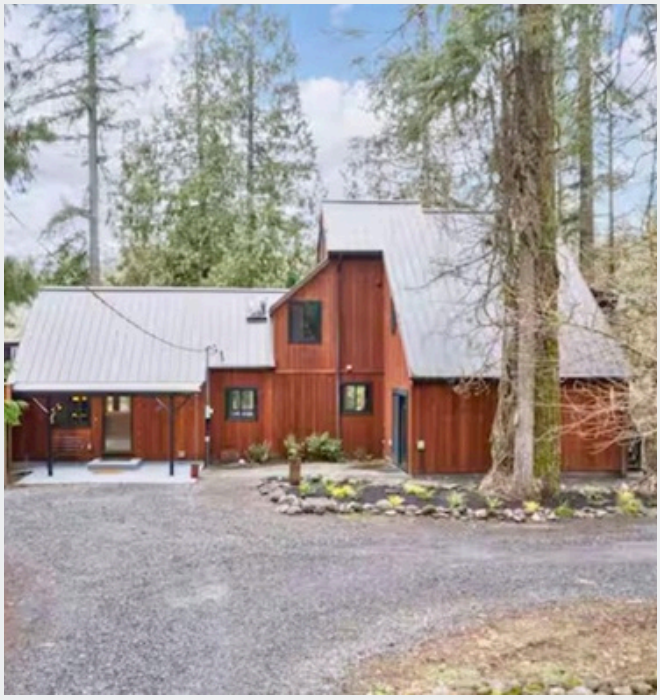
7:30 AM — Sunday Sadhana
A grounding yoga and meditation practice focused on integration, clarity, and carrying the reset into daily life

8:30–9:00 AM — Shower, Pack & Get Ready
Time to freshen up, finish packing, and settle your space before departure

9:00 AM — Breakfast & Final Group Photo
A nourishing final meal together, followed by a group photo to close the weekend

10:00 AM — Departure
Goodbyes and departures feeling clear, rested, and supported

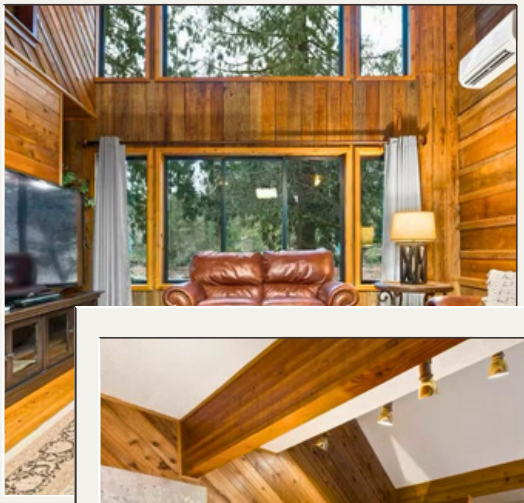
ACCOMODATIONS AND AMMENITIES



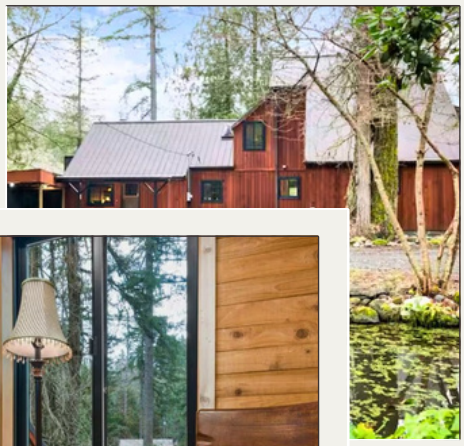
Nestled along the river and cooled by gentle mountain breezes, our Sandy, Oregon retreat cabin is a peaceful hideaway designed for pressing pause on the outside world. This modern-yet-cozy cabin blends rustic charm with thoughtful comforts, all set just steps from flowing water.

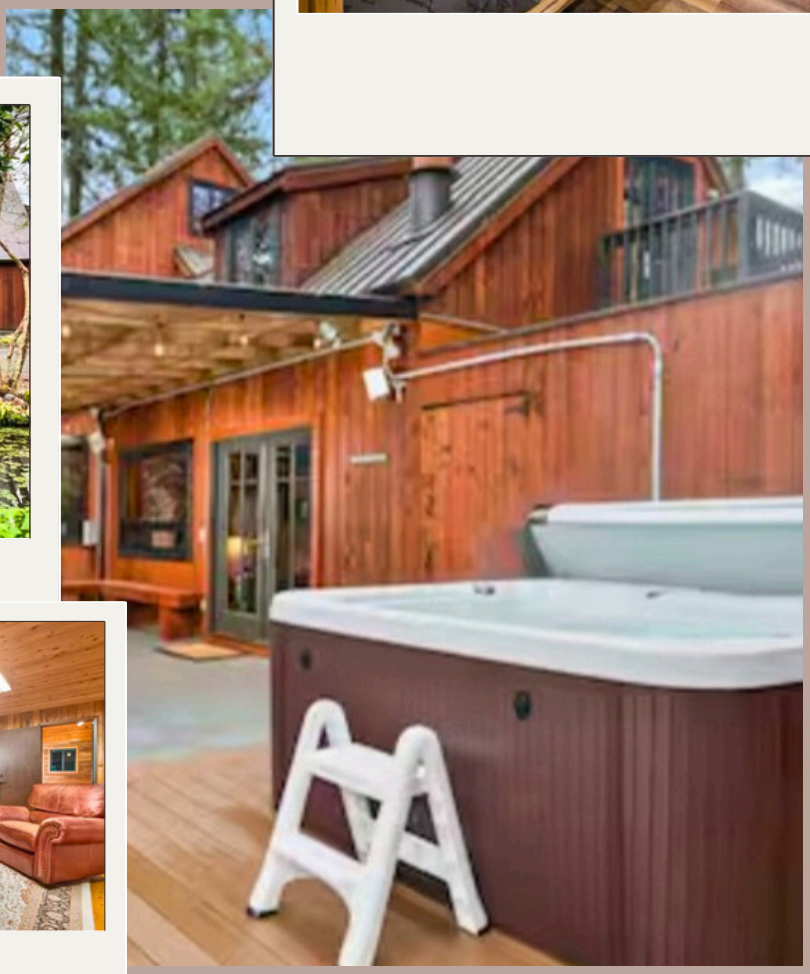
With 4 serene bedrooms, 2 full bathrooms, and two spacious living rooms, there's plenty of room to rest, connect, or claim a quiet moment of your own. Sip tea by the fire, lounge on the deck, or soak under the stars in the hot tub as the river hums below.
From the back deck, you can walk straight down to the river's edge—perfect for morning reflections, cool dips, or simply listening to the current move by. Surrounded by forest and mountain views, every space invites you to slow down and breathe a little deeper.

Conveniently located just 30 minutes from Portland International Airport (approximately a $40 Uber, with carpool options available), this retreat offers both ease of access and a true sense of escape.
With WiFi, heating, and all the essentials for a comfortable stay, you can stay lightly connected while fully reconnecting with nature—and yourself. This is your invitation to soften, settle in, and let the river do the rest.



THE CABIN





PRIVATE KING BEDROOM

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

Shared Bathroom

$1,150

ROOM CHOICES

ROOM CHOICES

PRIVATE KING BEDROOM WITH A FRIEND

Share the private king bed room with a friend! Privacy & comfort. Price is per person. Shared Bathroom

$800

ROOM CHOICES

DORM ROOM

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

Shared Bathroom

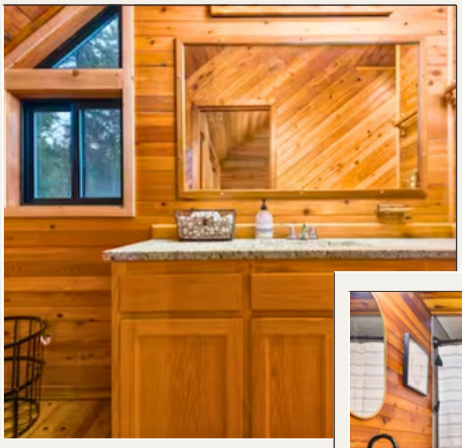
$750

ROOM CHOICES

DORM ROOM QUEEN BED

A shared dorm room, but with your own queen bed

Shared Bathroom



$850

ROOM CHOICES

DORM ROOM QUEEN BED WITH A FRIEND!

A shared dorm room, but sharing a queen bed with a friend! Price is per person.

$750

MEALS & DIETARY INFO

At Breathe & Breeze, meals are more than just fuel—they're part of the healing. Each dish is thoughtfully prepared to support your body, uplift your mood, and leave you feeling light, nourished, and satisfied.

We'll be serving wholesome, nutrient-rich meals throughout the weekend, with a focus on fresh, seasonal ingredients and feel-good flavors. Expect colorful plates that are both grounding and energizing—designed to nourish your body without weighing you down.

Sample meals may include:

- Coconut quinoa porridge with fresh fruit + seeds
- Roasted veggie bowls with grilled salmon or lemon-herb chicken
- Warming lentil and sweet potato soup with gluten-free bread
- Black bean + avocado tacos with optional grass-fed beef or shredded chicken
- Breakfast scrambles with local eggs, spinach, and feta
- Chia puddings, smoothie bowls, 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 log cabin nestled amongst the Sandy River

All meals + nourishing snacks (Thursday dinner through Sunday breakfast)

Daily yoga classes (vinyasa, yin, and restorative flows)

Evening sound baths for deep relaxation

Guided mindfulness. sadhana and meditation practices

Women's circle & river ceremony for intentional connection and sharing

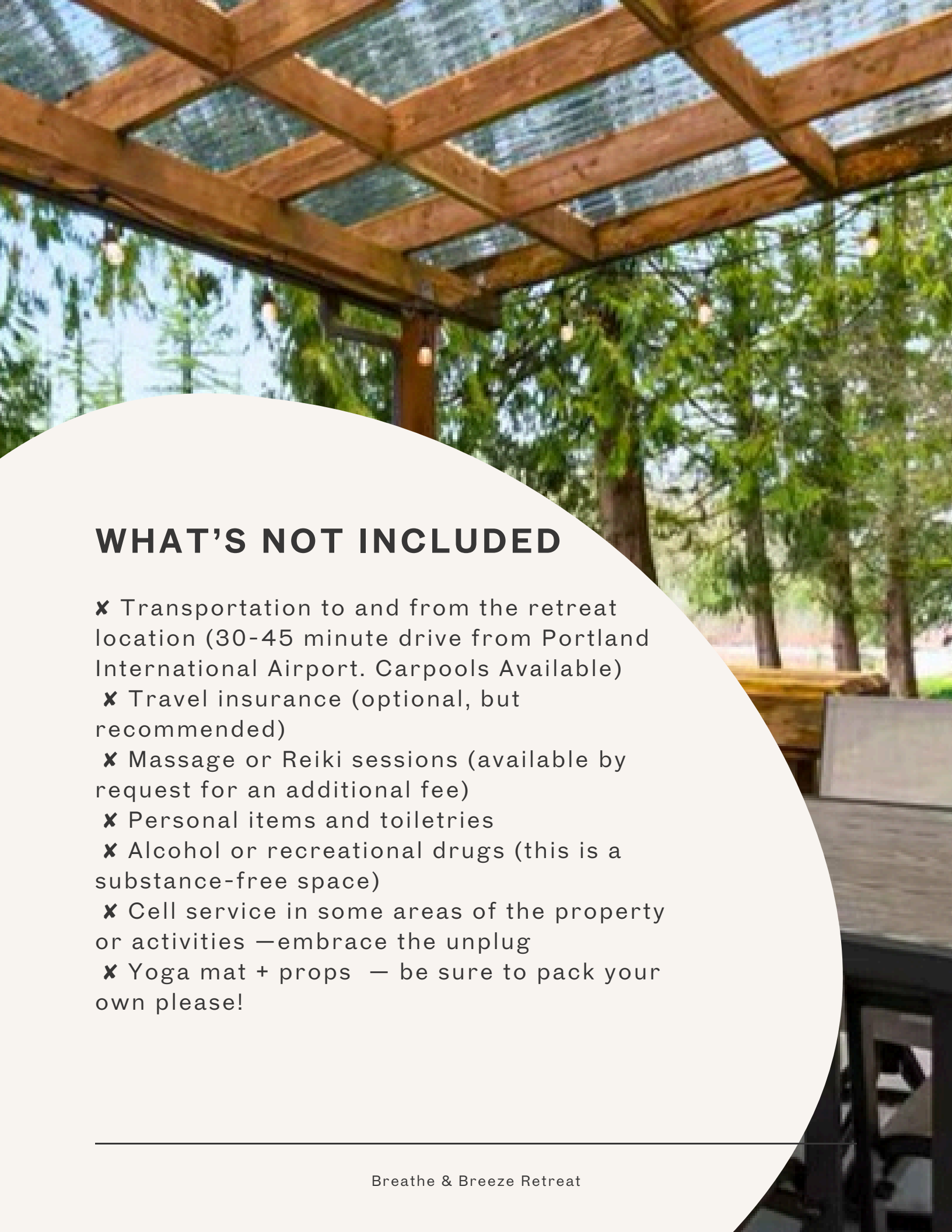
Mindful mountain hike with reflection and grounding

Opening & closing ceremony

Coffee, tea, and herbal beverages throughout the weekend

Welcome gift curated with love

Free time to rest, journal, explore walkable lakes, lounge in hammocks, or play horseshoes



WHAT'S NOT INCLUDED

✘ Transportation to and from the retreat location (30-45 minute drive from Portland International Airport. Carpools Available)
✘ 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. UBERS FROM PORTLAND INTERNATIONAL AIRPORT ARE BETWEEN 30 AND 45 MINUTES AND RANGE AROUND $40. 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.

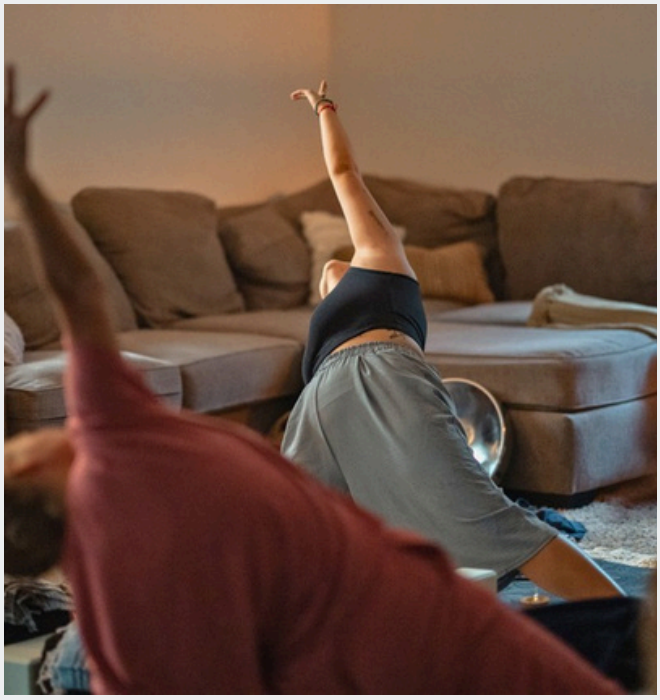
WHAT'S THE SLEEPING ARRANGEMENT LIKE?
THE SLEEPING ARRANGEMENT IS BASED ON YOUR CHOICE AT THE TIME OF BOOKING, SOME PRIVATE AND SOME SHARED. ALL BATHROOMS ARE SHARED.

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.

READY TO SAY YES TO YOURSELF?



There's a reason you're here, reading this.
Something inside you is longing for deeper rest, greater clarity, real connection — and a reminder of just how powerful and whole you already are.
This retreat is your invitation to:

- Step away from the noise and reconnect with your inner wisdom
- Heal, recharge, and nourish yourself on every level — mind, body, and spirit
- Surround yourself with natural beauty and like-minded souls
- Learn new practices to carry peace, balance, and inspiration into your daily life
- Remember what it feels like to be fully present, fully alive

Your time is valuable. Your energy is sacred. You deserve to invest in yourself. Spots are limited to keep our group intimate and intentional.

If your heart is saying yes — trust it.

Book Your Spot Now

We can't wait to welcome you into this sacred, serene space.

Feel free to contact me in the meantime.

Jordan

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