



Women's Wilderness Retreat

3- Days of Primitive Survival Skills, Herbal Care and More!

Course Overview:

August 5th- 7th, 2022

- Spend 3 days learning primitive survival skills on our 18- acre permaculture farm in the Appalachian Mountains, surrounded by a group of empowered women. Become immersed in the world of wilderness survival, shelter building, herbal medicine making, foraging, fermentation, tallow rendering, basket weaving, and more.
- Learn from our team of knowledgeable, passionate teachers in a hands- on, workshop- oriented experience.
- Enjoy three meals a day of farm- fresh, organic foods and beverages.
- Choose between our camping spots equipped with solar showers, wood- fired hot tubs, and compost toilets, or one of our unique cabin stays for an additional fee.

Day 1

Farm and Property
Tour

Welcome Gathering
and Dinner

Contemporary and
Hip Hop Dance Class

Day 2

Sunrise Yoga

Forest Bathing

Wilderness Survival
Basics + Primitive
Shelter Building

Fox Walking and
Nature Awareness

Basket Weaving +
Fermentation

Tallow Rendering
and Herbal Skincare

Group Confidence
Building and Sharing
Circle

Day 3

Sunrise Yoga

Harvest Breakfast

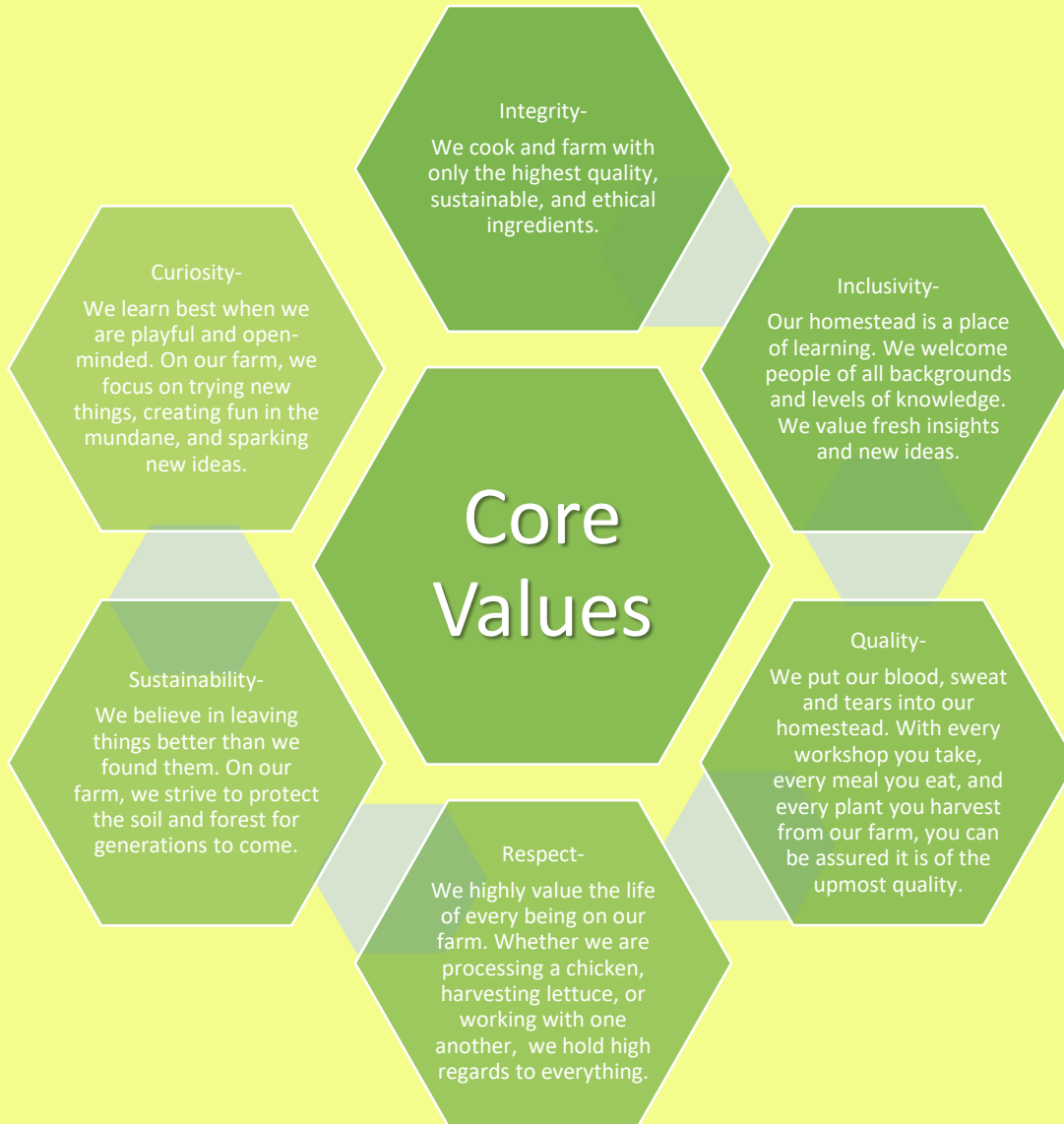
Forest Bathing +
Meditation

Wild Edible and
Medicinal Plant Walk

Herbal Adaptogens

Women's Ceremony
+ Tincture and
Elderberry Syrup
Making

Closing Ceremony



What To Bring

- Boots to get muddy in
 - Hiking shoes
 - Rain jacket
 - Water bottle
 - Snacks
 - Journal
 - Backpack
 - Bathing suit
 - Towel
 - Tent (if camping)
 - Sleeping bag (if camping)
 - Sleeping pad (if camping)
 - Headlamp
 - Toiletries
- We highly value the health of our soil and ecosystem. That being said, we ask that any soaps or bug sprays are environmentally friendly, and that all trash brought in is brought out.

Optional Unique Cabin Stays

Not quite the camper? No problem! For an additional \$150, choose between one of our numerous unique cabins! Each cabin is equipped with its own private kitchen, compost toilet, and solar shower. Our cabins each sleep two people.

Tent Camping

Pitch your own tent in a location of your choice- whether it be on our ridge overlooking Roan Mountain, by the stream, in the woods, or in the pastures with our goats! Provided, we have bonfire pits, solar showers, compost toilets, and wood- fired hot tubs.



Seven Springs Organic Cafe

Want to enjoy a goat milk latte, gluten-free banana bread, and WIFI in your free time? We have an organic, farm-to-table café on our property! Come by to meet some locals and have a snack!



Pricing and Contact Information

PRICING:

- \$395 per person, tent camping and all meals included.
- An additional \$150 for a private cabin.
- Please email us for inquiries about sponsorships and group discounts.

CONTACT INFORMATION:

- Email us: shanais.nii@gmail.com
- Call us: 951-566-7800
- Visit our website:
sevenspringsfarm.organic
- Visit our Instagram:
[@seven_springsfarm](https://www.instagram.com/seven_springsfarm)

