



The Softening

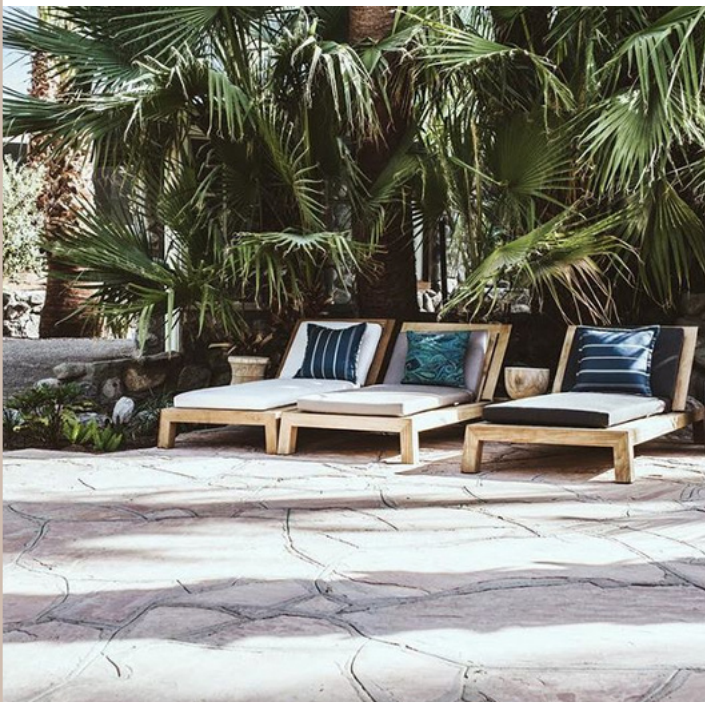
A BREATHWORK RETREAT WITH
ASHLEY NEESE

Palm Desert, California
May 4-7, 2018



THE RETREAT

The Softening is a deep dive breathwork retreat. This retreat is an opportunity to investigate the subtle art of listening to your body in a safe and supportive community. Over the course of the four days you will explore what it means to inhabit your body in a beautiful oasis of healing waters, sustainable nourishment, and painted desert skies.



This retreat is a gentle invitation to unplug from the everyday hustle, drop into your body with tenderness, and take really good care of yourself. Through guided breathing, somatic meditation, and group work you will strengthen your capacity to plug into the present moment, access dormant areas of your nervous system, and soften yourself into healing. The retreat will also explore what it means to have an embodied wellness practice and the essential aspect of holding witness space for yourself and each other.

Softening is powerful medicine and the retreat setting at Two Bunch Palms was chosen with multiple layers of intention. Learning to slow down is a process and this retreat is designed to support your deepest work possible. The desert provides the ideal container for drawing out your inner wisdom while the mineral waters melt away tension and stagnation, allowing more of your full self to come online.

Breathe. Soften. Repeat.
This is how we change the world.

I look forward to supporting you. x





YOUR RETREAT GUIDE

Ashley Neese is a leading expert in the breathwork field. Her private sessions, workshops, retreats, and online lifestyle journal guide spirit seekers towards living with their hearts wide open. Ashley is a breathwork teacher, energy medicine practitioner, and spiritual guide.

Neese works with clients all over the world, and her private clients range from celebrity musicians, television VP's, practicing psychologists, to some of the most sought after influencers in the wellness industry. She has been featured in Vogue, Well + Good, Jenni Kayne, ELLE Japan, The Chalkboard Mag, MindBodyGreen, Free + Native, and Nourished Journal.

She is regularly invited to speak at conferences and podcasts and teach for corporations. Her recent engagements include MindBodyGreen's Revitalize, FOX, That's So Retrograde, Goop, We-Work, FOX, BuzzFeed, True Botanicals, Lululemon, and Kit + Ace.

Ashley lives between Los Angeles and Oakland California with her fiancé Nic, their dog Greta, and Falcor the cat.





TWO BUNCH PALMS

The Softening will take place at Two Bunch Palms, a serene sustainable oasis in the middle of the Coachella Valley in Southern California. This contemporary boutique hotel is home to the famed mineral springs that have been flowing for centuries.

The oldest hot mineral spa in the country, Two Bunch Palms provides the ideal setting for deep inquiry, restoration, and time in solitude amidst the healing waters of Desert Hot Springs. From their historic spa and popular outdoor treatment gazebos, to river rock alcoves, to outdoor showers, and Watsu pools, there are moments everywhere to come home to yourself.

Two Bunch Palms takes a fresh approach to conservation and sustainability which is more important than ever. They prepare produce grown on the property, irrigate with recycled water, using biodegradable cleaning products and generate their electricity from 100% renewable sources. Two Bunch Palms strives to surpass sustainable goals making this an ideal oasis to host our retreat.

All workshops will be held in their beautiful passive solar earth mound Celestial Dome, an ideal space for diving deep into your breath and body. The closing circle will take place in the cozy Garden House that offers a refreshing, quiet ambiance for retreat integration.



THE DESERT ROOMS



Sheltered by ancient palms and giant tamarisk trees, the rooms at Two Bunch Palms are perfectly placed throughout the expansive oasis. As a retreat participants you can take refuge in the serene landscape, while enjoying the comfort and amenities their rooms and suites offer.

The Desert Rooms are the epitome of understated luxury. Rooms range from single to double occupancy and are each a mini retreat space within themselves. Ground yourself in a king or double room designed for digital detox and enjoy the healing waters just steps from your door.

Located beside the Labyrinth and Celestial Dome, each room is designed with natural fibers, energy efficient design elements, and organic linens. The rooms feature a private patio, Illy coffeemakers, and intimate lounging areas. Beautiful barn doors separate the bathrooms, which include five fixture spa showers and custom amenities made from our own natural hot spring waters.

THE SOFTENING RETREAT PROGRAM



Arrive Friday afternoon and enjoy the waters before a nourishing, organic dinner featuring produce grown on the property. Dinner will be served on the gorgeous Essene patio before we head into the Celestial Dome for the opening circle.

On Saturday and Sunday mornings enjoy breakfast and a soak in the tubs before our classes. Dive into a two-hour workshop with Ashley in the Celestial Dome followed by plenty of time for lunch, spa treatments, soaking, or simply taking a nap.

In the late afternoons Ashley will lead a second two-hour workshop in the Celestial Dome. From there you are free to take a dip in the meditation pools, book a spa treatment, nourish yourself with a meal, or spend time journaling in your room.

Sunday evening we will gather again for a beautiful family-style dinner on the Essene patio, taking in the setting sun and each other's company.

On Monday morning we will meet on the lawn for a closing circle to integrate your experiences before heading home.



THE HEALING WATERS & SPA

Two Bunch Palms Spa is home to the famed mineral springs that descend from Miracle Hill. These waters have been flowing for six hundred years under the surface, and see their first light of day as they flow into our pool at The Springs.

The unique composition of this mineral water is world famous for its therapeutic and mood-enhancing properties, low in sulfur, and rich in lithium. Once immersed in the waters, you'll experience a level of nourishment and rejuvenation never felt before. In addition, you will also find three large teak tubs where you can adjust the natural mineral water temperature, as well as three additional pools on property.

Simply known as the 'Desert Spa' in the 1940s, Two Bunch Palms has long been renowned for its healing treatments performed by experienced intuitives. The Spa at Two Bunch Palms is internationally recognized for the skills and experience of its practitioners. The therapists and aestheticians bring decades of treatment experience, and develop a deep connection to the spirit of this oasis in the desert.

Two Bunch Palms has long been renowned for its healing treatments performed by experienced practitioners. With an intuitive sense for their guests needs, the spa at Two Bunch Palms is an environment to replenish, reconnect, and revive.







THE NOURISHMENT

The food at Two Bunch Palms is sustainable, local, seasonal, and organic. Free of hormones, synthetic preservatives, hydrogenated fats, artificial colors, high-fructose corn syrup, and genetically modified ingredients, the goal at Two Bunch Palms goal is a balanced range of choices.

The Friday and Sunday evening group meals will be served on the stunning Essence patio overlooking the healing waters. Dinners are family style and include a range of seasonal vegetables, salads, and sustainable protein. Desserts and refreshments will be fresh and delicious.

During the retreat you will have the flexibility to nourish yourself with food at your leisure. Enjoy breakfasts in bed and lunches solo or with new friends in the beautiful Essence restaurant. Pick up fresh juices and wholesome snacks from the juice bar to nosh by the pool when you want a healthy snack.

You will receive an inquiry at the beginning of April for any dietary restrictions you have for our group dinners. All of which can easily be accommodated.



RETREAT LOGISTICS

What is the cost?

Single room: \$2,500.00 (wait list only)

Shared room: \$2,000.00

*Please note that only shared rooms are available. If you're coming with a friend let me know and you will be placed in the same room. If you're coming solo you will be matched with a roommate through a thoughtful curation process and questionnaire.

What is included?

3 nights at Two Bunch Palms

Opening + Closing circles

4 weekend workshops

2 group dinners

60 minute spa treatment (gratuity included)

Unlimited access to the healing waters, meditation pools, and property grounds

What's not included?

Airfare

Travel to/from the resort

Meals outside of our two group dinners

Additional spa treatments

Alcohol

Closest Airports

Palm Springs, CA

Ontario, CA

The April inquiry we send out will include a document for you to coordinate your own carpooling to/from Two Bunch Palms.

