



Elemental Alchemy Retreat: Where Nature and Community Unite

with Yoga with Veronique

 Sebastian, FL, USA

View booking and trip details [here](#)

Trip Overview



Your host

Yoga with Veronique

 May 23 - May 26, 2024

 Group size: 20-30

 Sebastian, FL, USA



About this trip

Video Preview the beauty of ChoZen [HERE!](#)

Welcome to Elemental Alchemy Retreat—an oasis of serenity nestled within the lush embrace of ChoZen, Florida's biodiverse lagoon system. I'm Veronique Ory, your guide on this transformative journey crafted with your well-being in mind.

Memorial Weekend, from **May 23-26, 2024**, marks the beginning of *four magical days* where we'll dive deep into the *elemental energies of fire, earth, air, and water*. Each moment spent in this sacred space is an opportunity for profound connection and growth.

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🔥 Thursday (Fire Element): Ignite your journey with lunar practices, full moon gatherings, and a family dinner by the river.

🌍 Friday (Earth Element): Ground yourself with grounding yoga, farm-to-table feasts, and a bonfire under the stars.

🌬️ Saturday (Air Element): Breathe in tranquility with fresh air yoga, invigorating meals, and a special offering as we embrace the winds of change.

💧 Sunday (Water Element): Flow with flowing waters yoga, indulge in a water-infused breakfast, and surrender to the fluidity within.

This retreat is more than just a getaway—it's a tapestry of well-being and harmony, an invitation to connect with the elements and with yourself. As an intuitive movement and mindful awareness guide, I'll lead you through practices that will nourish your body, expand your mind, and nurture your soul.

Imagine mornings filled with energizing yoga practices to awaken your senses, followed by evenings of restorative sessions to soothe your spirit. In between, we'll embark on nature walks, river explorations, and special rituals that will ignite your sense of wonder and awe.

Our eco-luxury lodging and plant-based farm-to-table meals inspired by Ayurveda practices ensure that every aspect of your experience is deeply nourishing. And for locals joining sans lodging, the opportunity to bask in the healing energy of this sacred space is equally profound.

Here's a glimpse of our itinerary:

Day 1: Thursday (Fire Element) - Lunar practices, full moon gatherings, and a family dinner by the river.

Day 2: Friday (Earth Element) - Grounding yoga, farm-to-table feasts, and a bonfire under the stars.

Day 3: Saturday (Air Element) - Fresh air yoga, invigorating meals, special offerings, and live music by

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the bonfire.

Day 4: Sunday (Water Element) – Flowing waters yoga, water-infused breakfast, and a gentle farewell as you depart, nourished and rejuvenated.

Invest in yourself and embrace the opportunity to reconnect with nature, deepen your practice, and forge meaningful connections with like-hearted souls. Secure your spot today and step into a world of magic, connection, and transformation.

With love & light,

Veronique Ory 🌿 ✨

P.S. If you have any questions or inquiries, don't hesitate to reach out at [hello@yogawithveronique.com]. Let's embark on this journey together!

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Packages & Options

Available packages

Retreat Ticket without Lodging

Includes all meals and practices, plus property access.

\$808

Deposit: \$111

Retreat Ticket with Shared Lodging

Includes all meals and practices, plus shared lodging in the Estuary. You can indicate after purchase if you have a preferred roommate or room.

\$1111

Deposit: \$111

Retreat Ticket with Single Room

Includes all meals and practices, plus private lodging in the Estuary.

\$1611

Deposit: \$111

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Itinerary

Day 1 Thursday (Fire Element)

- 3:00 PM – 4:00 PM: Check-in
 - 4:00 PM: Welcome Elixirs & Canapés
 - 6:30 PM: Permaculture & Property Tour
 - 8:00 PM: Family Dinner By The River
 - 9:00 PM: Lunar Practices & Full Moon Gathering
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Day 2 Friday (Earth Element)

- 8:00 AM: Grounding Yoga & Group Connection
 - 9:30 AM: Light Breakfast – Sip on refreshing Green Juices or indulge in a selection of smoothies, complemented by nourishing Oatmeal or Chia Pudding.
 - 11:00 AM: Explore the Earth Element: Connecting to the Ground
 - 1:00 PM: Farm-to-Table Lunch – Savor 2 Seasonal Organic Dishes celebrating local flavors and promoting gut health.
 - 2:00 PM: Free Time / Spa
 - 4:00 PM: Evening Yoga – Grounded Bliss
 - 7:00 PM: Dinner By The River – Relish in a feast that harmonizes with the day's Earth Element theme, offering hearty and comforting flavors.
 - 8:30 PM: Bonfire & Live Music
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Itinerary

Day 3 Saturday (Air Element)

- 8:00 AM: Breath of Fresh Air Yoga
- 9:30 AM: Light Breakfast – Refresh with vibrant Green Juices or a selection of revitalizing smoothies, paired with invigorating Oatmeal or Chia Pudding.
- 11:00 AM: Explore the Air Element: Embracing the Winds of Change
- 1:00 PM: Farm-to-Table Lunch – Delight in 2 Seasonal Organic Dishes designed to support gut health and provide nourishment.
- 2:00 PM: Free time / Spa
- 4:00 PM: Evening Yoga – Breathe in Tranquility
- 7:00 PM: Dinner By The River – Indulge in a culinary experience influenced by the Air Element, highlighting fresh and invigorating dishes.
- 8:30 PM: Special Offering



Day 4 Sunday (Water Element):

- 8:00 AM: Flowing Waters Yoga & Breathwork
- 9:00 AM: Water-Infused Breakfast – Immerse yourself in a morning meal inspired by the Water Element, featuring hydrating fruits, infused waters, and wholesome options.
- 10:00 AM: Explore the Water Element: Surrendering to the Fluidity Within
- 12:00 PM: Check Out – Bid farewell to your retreat, nourished and rejuvenated.




Your organizer



Yoga with Veronique

Veronique, an Intuitive Movement and Mindful Awareness Guide, invites you to embark on a transformative journey of curated storytelling and creative movement, customized to align with your unique intentions. Her profound passion lies in guiding you towards vibrant well-being, both within the physical realm of yoga practice and throughout every aspect of your life.

Vero Beach, FL, United States 

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Member of *Yoga Alliance*

 <http://www.yogawithveronique.com/>

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