Sleep & Awake

A Journey of Rest, Renewal & Inner Awakening

Rest the Body. Awaken Awareness. Reconnect with Life.

We spend so much of our lives moving, thinking, doing, and responding to the world around us. Yet how often do we truly allow ourselves to rest?

And when we wake up, are we simply beginning another day, or are we becoming more aware of how we choose to live?

Sleep & Awake is a thoughtfully curated experience that brings together mindful movement, sound, nourishing food, restorative sleep, and personal reflection.

The journey begins by inviting the body to slow down, gently release accumulated tension, and settle into rest through movement, music, and crystal singing bowls.

After a night of sleep, we welcome a new morning through mindful stretching, movement, breath awareness, and setting intentions for the day ahead.

Beyond physical rest, the experience invites us to explore a deeper meaning of awakening—becoming more conscious of our thoughts, emotions, habitual patterns, and the way we experience life.

There is no pressure to achieve, change, or discover anything immediately.

Simply an opportunity to rest, reconnect, and explore what it means to be awake in both body and mind.

Two Ways to Experience

1. Sleep & Awake — Rest & Renew

An Overnight Reset

A gentle overnight experience focusing on physical relaxation, restorative practices, nourishing food, restful sleep, and mindful awakening.

Designed for those seeking time to pause, step away from everyday demands, and reconnect with their physical and emotional wellbeing.

The experience may include gentle movement, crystal singing bowls, calming music, mindful dining, rest, morning stretching, and intention-setting.

2. Sleep & Awake — The Inner Awakening

3 Days, 2 Nights | A Deeper Transformational Journey

An immersive experience that builds upon physical rest and renewal, creating additional space for mindfulness, introspection, self-discovery, and personal transformation.

Through guided meditation, transformational reflection, mindful movement, sound, creative expression, and meaningful conversations, participants are invited to explore their inner experiences more deeply.

The journey moves from slowing down and reconnecting with the body toward greater awareness of personal patterns, life direction, and intentional living.

Rather than prescribing a transformation, we create an environment where meaningful discoveries can emerge at each participant's own pace.

Our Approach

Movement · Sound · Nourishment · Rest · Mindfulness · Reflection · Integration

Each experience is designed to support rest, awareness, and connection, with activities adapted to the group, setting, and intended depth of exploration.

Sometimes, awakening begins by allowing ourselves to truly rest.

Explore Upcoming Experiences