

Executive Women's Wellness *Retreat*

More Purpose. *Less Stress* | April 17-28, 2023 | Nepal



The Experience of a *Lifetime*

Our retreats help busy women executives *like you* tune into a deep level of self-awareness that will empower you to achieve your ambitious dreams while living a life of purpose, joy, and ease.

- Relax & recharge in nature
- Rediscover your authentic self & inner voice
- Let go of limiting beliefs & accept yourself as you are
- Connect with inspiring women
- Do impactful work with a social enterprise
- Immerse yourself in the rich culture of Nepal
- Celebrate your growth with a helicopter tour of Mt. Everest
- Leave with the energy, confidence, and clarity to take on the world
- Continue your growth with executive coaching after the retreat

A Journey Back to Self

We'll take care of you every step of the way

While you focus on reconnecting with yourself, the Impactury team will take care of the rest.

- **Dates:** April 17-28, 2023
- **Duration:** 12 days
- **Guests:** Max. 8 Women
- **Locations:** Dhulikhel, Kathmandu & Pokhara, Nepal
- **Includes:** All meals, eco-luxury accommodations, activities, domestic transport

Register by March 10th



Sara Powell, Founder

A Note From *Sara*

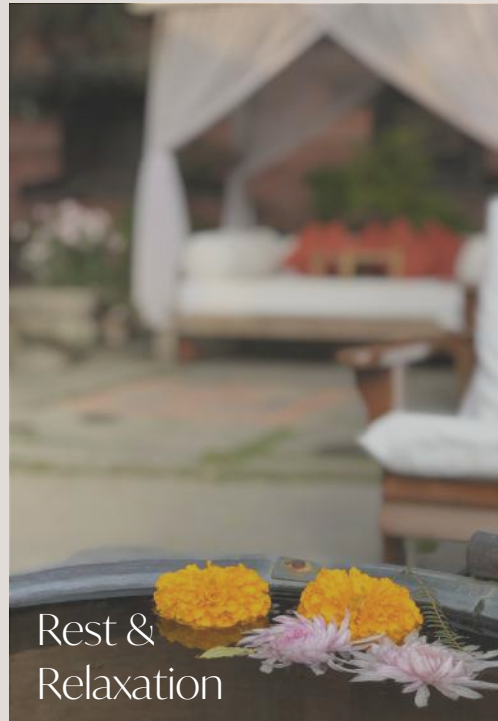
My vision for your retreat is to provide a safe space where you can feel taken care of, seen, and loved in ways that many of us have never experienced. I strongly believe that without self-awareness there is no self-development, which is why every detail, from the tranquil resorts to the professional coaches and cultural activities, has been thoughtfully selected to support you on this journey. When I say this will be “the experience of a lifetime,” I mean it.

As a high-achieving woman executive myself, I experienced debilitating stress, anxiety, and a health crisis because I didn’t have the tools and mindset to support myself while I was trying to be “perfect” for everyone else. Through my own healing journey of meditation, self-reflection, and therapy, I now have clarity on who I am and what I want to do in this world. I created Impactury so we can *all* achieve our ambitious dreams while living a life of purpose, joy, and ease.

I can’t wait for you to join me and other inspiring women on this once in a lifetime experience in beautiful Nepal!

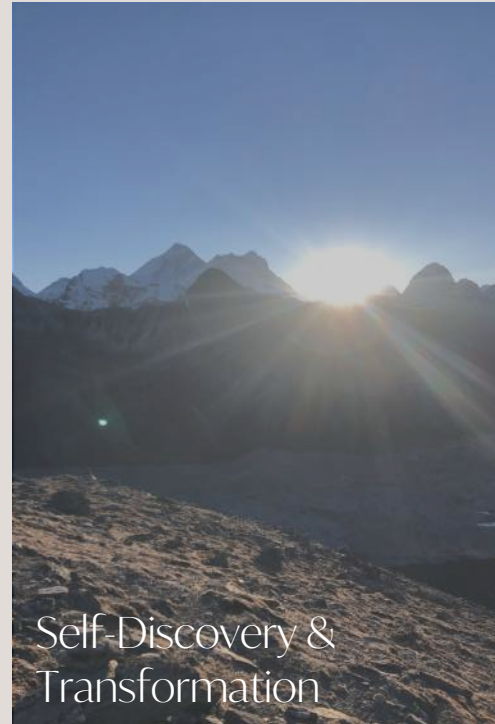
*Love,
Sara*

Transformation by Experience



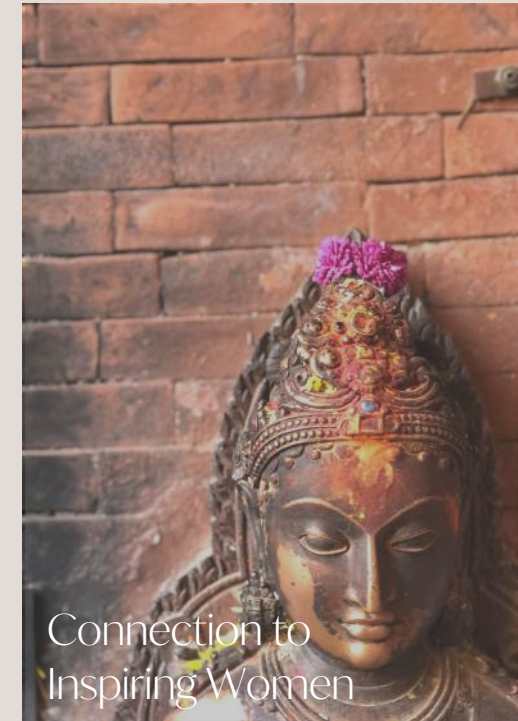
Rest &
Relaxation

Unwind in the tranquility of nature with your choice of wellness activities. Pamper yourself at the spa, get creative with a pottery class, or simply relax by the infinity pool.



Self-Discovery &
Transformation

Develop the awareness, skills, and confidence to unlock your highest potential and live a life of ease with guidance from our experienced personal transformation and mindfulness coaches.



Connection to
Inspiring Women

Feel a deep sense of belonging as you build lifelong friendships and community with other women leaders who are on a shared journey.

Transformation by Experience



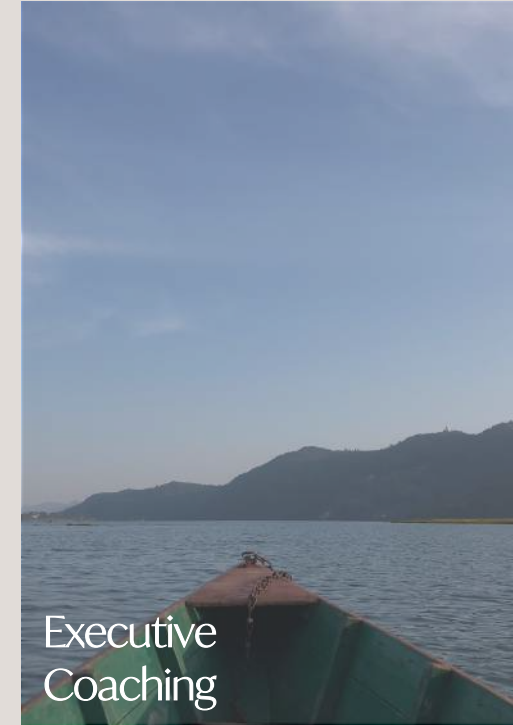
Nepal's Rich
Culture & History

Discover Nepal's beauty and heritage through sharing meals with inspirational Nepali women, exploring ancient temples, and experiencing the majestic Himalayas.



Social
Impact

Use your talents to do meaningful work through a skills-based volunteering project that addresses strategic challenges facing a local social enterprise.



Executive
Coaching

Navigate the integration of changes into your daily life with the support and guidance of professional executive coaches after the retreat.



Eco-Luxury ————— Accommodations

Wake up refreshed, in your private villa or suite, to the sounds of nature as the morning sun washes over the magnificent Himalayas.

Our thoughtfully curated selection of resorts in Dhulikhel, Kathmandu, and Pokhara will provide you with an unforgettable experience that combines the comforts of luxury with sustainability and conservation.

A Peaceful Sanctuary

Each property is a unique hideaway that incorporates Nepali culture and traditions into the design.

From the locally-inspired Ayurvedic spa treatments to the delicious farm-to-table cuisine, every detail has been thoughtfully considered to enhance your wellbeing.





Your Personal *Transformation* Coach

Sky is a former consulting senior executive for Fortune 500 clients at Accenture. Now, as a mindfulness and transformational leadership coach for top companies and NGOs globally, she helps leaders deepen their awareness to harness their authentic power and live with ease.

She holds a B.A. in Industrial-Organizational Psychology and certifications from ICF, DiSC, Clifton Strengths Finder, among others. She was named Top 30 Most Inspiring Women in 2022 by the NYC Journal.

Sky Jarrett

McKinsey
& Company

accenture

The
ROCKEFELLER
FOUNDATION

Google

Your Mindfulness & Yoga Coach

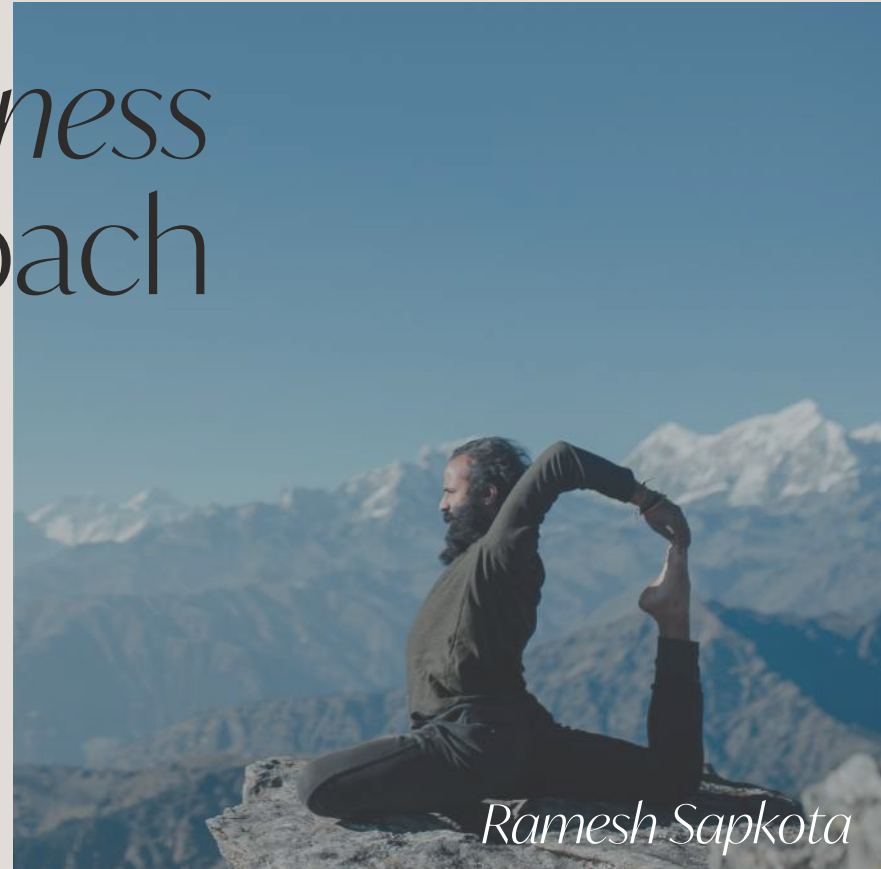
Ramesh is a highly experienced international yoga professional and Himalayan sound bowl therapist. For the past 15 years he has specialized in providing healing through his expertise in yoga, music, and art and his knowledge of Yogic and Sanskrit philosophy.

He has led workshops and retreats across Asia, Europe and North America for clients like Google, lululemon, and The Bill & Melinda Gates Foundation.

BILL & MELINDA
GATES foundation

Google

 lululemon



Ramesh Sapkota

Transformation Outcomes

Sky's powerful client testimonials demonstrate how truly gifted she is at helping executives like you experience radical transformation.

"This retreat didn't only change my life, it literally saved my life."

Sam, Business Owner

"In a few days, with complete strangers, I've been exposed to unconditional, non-judgmental caring and love.

I've got my heart set on changing into who I'm supposed to be, not out of necessity, but out of love of me. Thank you for that."

Tony, Technology Executive

"The retreat delivered more than I expected! It has turned my worldview around, helping me see more of who I am supposed to be. My appreciation for what's been given to me so freely has my heart overflowing.

Thank you for filling holes that I didn't know needed filling."

Business Executive

— Is This Retreat *for You?*



Ask yourself if you are serious about **breaking free from the cycle of chronic stress and exhaustion** so you can live a life of ease while still achieving your ambitious dreams.

As a busy **woman executive**, amid the many demands of life, is it hard for you to find the time to think or reflect? In those rare moments of quiet, is there **something under the surface that keeps calling for your attention**—a decision you've been avoiding, a change at work or in a relationship, or something less defined?

This is your invitation to embark on a **life-changing journey** of transformation with the support of professional **coaches and other women** who are committed to self-growth.

If not now, when?

[Book a Coffee Chat](#)

Get Ready for A *Life-Changing* Experience

Register by March 10th

Rest & *Relaxation*

Several days throughout your retreat will be exclusively dedicated to re-energizing your mind, body and spirit with wellness activities:

- Spa services
- Yoga & meditation
- Sound bowl healing
- Nepali cooking classes
- Ayurvedic doctor consultation
- Sauna & jacuzzi
- Pottery & painting
- Nature walks

...or feel free to simply unwind by the infinity pool

Self-Discovery & Personal *Transformation*

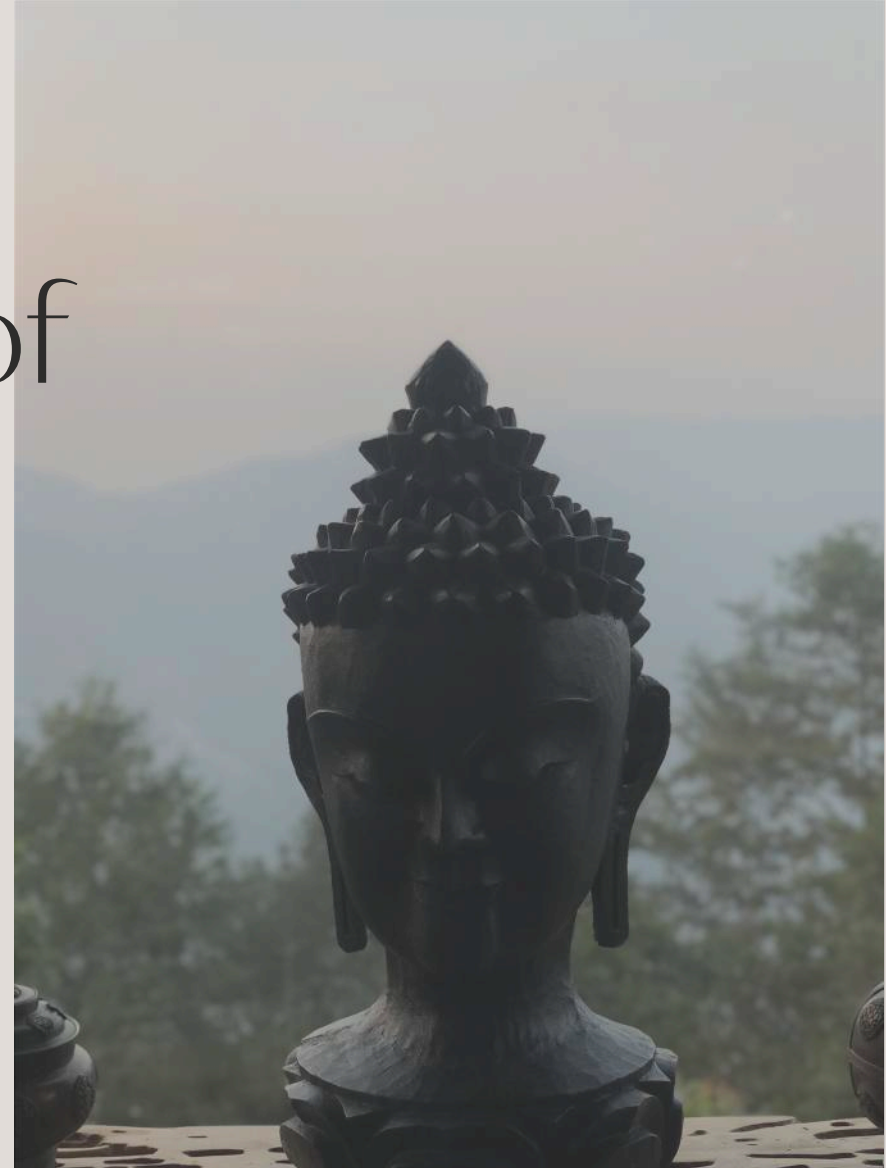
To confidently make the changes you most desire, you will develop the deep self-awareness that is at the core of identifying and letting go of habitual thought patterns and behaviors that are holding you back.

- Neuroscience-based transformation techniques
- Mindfulness and embodiment practices
- New experiences to awaken your mind

Unlock the Power of *Self-Awareness*

In a safe and nurturing space, with the support of others, you will cultivate the self-awareness to:

- Rediscover your authentic self & inner voice
- Realize your innate self-worth without “perfection”
- Receive unconditional love & acceptance
- Let go of limiting beliefs
- Practice living more intentionally
- Develop clarity on a path forward



Awaken — Your Senses

New experiences allow your brain to switch from auto-pilot to a conscious state of awareness and empowered choice. Our goal is to help you find balance and harmony from the inside out.

The retreat program uses a combination of practices to help you tap into the wisdom that is already within you. We foster your personal transformation by creating new experiences that awaken all your senses—seeing yourself in new ways, sharing uplifting stories, grounding yourself in the stillness of nature, savoring delicious Nepali cuisine bursting with flavor, and breathing in the crisp Himalayan air.

Heart-opening
meditations

Reflective
journal prompts

Powerful group
discussions

Letting go
fire ceremony

Embodiment
practices

Celebrate Your Growth at Mount Everest!

What better way to celebrate your courage, vulnerability, and growth than a champagne toast to YOU at 18,000 feet?

Nothing can prepare you for the magic and breathtaking beauty of seeing the Himalayas up close with a private helicopter ride to Mount Everest Base Camp!



Discover Nepal's *Rich Culture*

Explore one of the most beautiful and fascinating countries in the world from the awe-inspiring Himalayas to its lush forests and vibrant cities.

You'll visit ancient temples and monasteries, take scenic mountain flights, and experience the unique culture and heritage of the Nepali people.



Adventure
Awaits

An Unforgettable Journey Back in Time

Our team of local experts will share fascinating insights into Nepal's unique culture.

- Discover Nepal's ancient history through UNESCO World Heritage sites
- Learn about Buddhism with a private monastery blessing & meditation
- Visit Patan Durbar Square, known for its unique metal work, cashmere and wood carvings
- Share meals with inspiring Nepali women

Create Lasting Social *Impact*

Use your professional skills and experience to make a difference. You will have the opportunity to do inspiring work through a skills-based volunteering project that addresses strategic challenges facing a local social enterprise.

Together, we uplift the lives of vulnerable communities, learn from each other, and contribute to a more equitable world.

Executive Coaching

A Commitment to Your Growth & Ongoing Success

We understand that change is not easy. That is why we are committed to supporting you with executive coaching after the retreat as you navigate integrating new changes into your daily life.

We believe that with the right mindset and tools, you can achieve your ambitious goals and make an impact while living a life of ease and joy.

We partner with coaches who share and practice this same philosophy.

Retreat *Program*

Meet Your Group

PRE-TRIP | VIRTUAL

Prior to the retreat you will virtually meet your coaches and the inspiring women who will join you on this journey.

Rest & Relax

DAYS 2-3 | DHULIKHEL

Reconnect with yourself in a safe and peaceful environment through guided transformation activities led by your professional coaches. Treat yourself to a sunrise yoga session, quiet contemplation, or a fun Nepali cooking class.

Namaste! Welcome to Nepal

DAY 1 | KATHMANDU + DHULIKHEL

Upon arrival, we will greet you airside and escort you through airport security before taking you by private car to your relaxing villa nestled in the Himalayan hills. Unwind from your travel with a welcome massage at the spa or decompress in the sauna.

Immerse Yourself in Nepal's Culture

DAYS 4-5 | KATHMANDU

In Nepal's capital city, explore the ancient Nepali culture through visiting UNESCO World Heritage sites with expert guides, shopping in the famous markets of Patan Durbar Square, and meeting inspiring local businesswomen & social entrepreneurs.

Events out of our control may affect the planned program which is subject to change without notice

Recharge in Paradise

DAY 6 | POKHARA

After arriving from your scenic mountain flight to Pokhara, enjoy the local flavors of Nepal while learning how the resort serves the community as a social enterprise. The rest of the day will be dedicated to relaxation and reflection.

Unwind & Reflect

DAY 8 | POKHARA

Enjoy a morning yoga session with Himalayan views before a delicious poolside breakfast. Spend the day in reflection through group & individual transformation activities led by your professional coaches.

Create Social Impact

DAY 7 | POKHARA

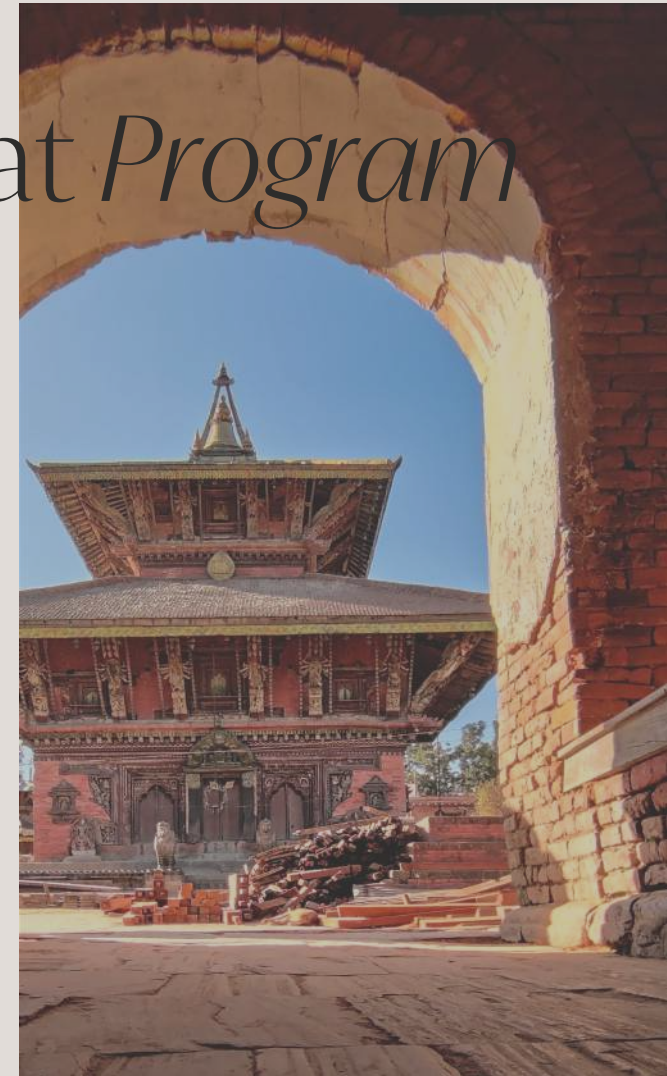
Use your business skills and experience to support the local community with a skills-based volunteering project and get to know the team with fun cultural activities.

Connect with Yourself in Nature

DAY 9 | POKHARA LAKESIDE

Watch in amazement as the sunrise illuminates the magnificent Annapurna range. Ground yourself in nature on a short hike and be inspired by the story of a successful woman social entrepreneur over lunch. End the day with a powerful campfire letting go ceremony.

Retreat Program



Events out of our control may affect the planned program which is subject to change without notice

Retreat *Program*

Discover Ancient Nepal

DAY 10 | KATHMANDU

Savor a leisurely morning with journaling or guided bird watching with a naturalist. Back in Kathmandu we will experience ancient Buddhist temples and watch the sunset during a rooftop dinner.

Return Home Refreshed

DAY 12 | KATHMANDU

Enjoy a final morning yoga session and breakfast before saying goodbye to friends who, through this deeply transformative experience, will remain connected to you for a lifetime. A private car will take you to the airport where you will head back home with a renewed sense of energy and clarity to take on the world!

Experience Mt. Everest by Helicopter

DAY 11 | KATHMANDU

Prepare to be amazed at the breathtaking views of Mt. Everest as we celebrate your growth with a champagne toast at 18,000 feet! We will continue the celebration with a dinner and final reflections.

Post-Retreat Executive Coaching

ONGOING | VIRTUAL

Navigate the integration of new changes into your daily life with the support of group and private coaching sessions.



Events out of our control may affect the planned program which is subject to change without notice

Application & Payment Process

Learn More & Apply

- Schedule a **coffee chat** to discover if the retreat is the right fit for you:
→ calendly.com/impactury/info
- Or you can complete the **online application** directly
→ impactury.com/apply

1

30-Min Video Call

- If your values and goals align well with the retreat, we will schedule a **30-min** follow up video call.
- We can't wait to learn more about you!

2

Invitation & Deposit

- Total cost of your all-inclusive retreat is \$20,000 USD.
- If you receive an invitation to join the retreat, a **20% deposit** of \$4,000 USD is required within **48 hours** to **reserve your spot**.

3

Final Payment

- **Remaining balance** of \$16,000 USD is due no later than **March 12, 2023**. Payment is non-refundable.
- Upon payment, we will send you additional retreat details, a packing list, etc.
- **See you in Nepal!**

4

Inclusions:

- 11 nights in a private villa or suite at our selection of eco-luxury resorts: Dwarika's Resort Dhulikhel, Dwarika's Kathmandu, Pavilions The Farm, and Pavilions Lakeview or comparable
- All domestic travel and local transport
- Private helicopter tour of Mt. Everest Base Camp w/champagne toast
- All meals (breakfast, dinner, non-alcoholic drinks, and most lunches)
- 1-on-1 and group sessions with wellness leaders
- All group wellness activities (e.g., yoga, meditation, sound bowl healing, pottery class, cooking class, painting class, Himalayan salt room, sauna, jacuzzi, pool, chakra sound therapy chamber, organic farm tour)
- 4 premium wellness services (e.g., spa treatments and private sound bowl healing session)
- 30-min consultation with Ayurvedic doctor
- Private monastery blessing and meditation
- Private escort upon arrival through airport security and visa office
- All social impact project related activities
- 1 laundry service mid-retreat
- Nepal Tourist Visa
- Local SIM
- All taxes, entrance fees, guides, coaches, and speakers
- 3 post-retreat executive coaching sessions (1 private, 1 group, 1 with a coaching partner)

Exclusions:

- International transportation to/from Nepal
- Alcohol unless stated otherwise
- Personal purchases and additional gratuities
- Traveler's or trip insurance
- Medical care
- Recommended vaccines

** Inclusions, activities, and accommodations are based upon availability and are subject to change without notice*



Stay in
Touch

We would love to hear from you! If you are interested in joining the retreat or becoming an executive coaching partner, don't hesitate to reach out.

- Email: hello@impactury.com
- Website: www.impactury.com
- Coffee Chat: calendly.com/impactury/info
- LinkedIn: linkedin.com/company/impactury
- Instagram: [@impactury_](https://instagram.com/impactury_)

Schedule a Coffee Chat to Learn More

See you in *Nepal!*

You are just one decision away from a life with more purpose & *less stress*

Register by March 10th