

Notes from Island Wellness Retreats:

Coming and Going Overview

Arrival: We will make reservations for you on the 11:45 am National Park ferry from St. Mary's, GA

Our programs will begin after lunch on the day you arrive.

Departure: Programs end with departures on the 10:15 am Ferry on the last day.

Ferry transfers are included, however there is a National Park fee of \$15 PP, unless you have an America the Beautiful pass.

Things You Might Want to Bring on your Glamping Trip

- Comfortable clothing for yoga and movement classes
- Slip-on shoes for indoors
- Walking/hiking/tennis shoes for outdoors and hiking, Teva or Chaco type sandals or water shoes for beach
- Flip flops for showers
- Toiletries (we will have soap, shampoo, etc. if you forget)
- Flashlight and or headtorch
- Refillable Water* bottle (suggest with built in filter)
- Bathing suit, insect repellent, sunglasses, hat, and sunscreen.
- Anything special you might want, within reason - such as a special brand of wine or alcohol, soda, granola bar, your own pillow, etc.
- Credit card for purchases (there is a bit of an opportunity for shopping, artisan jewelry, and other treats)
- Cash for massages & gratuities for our staff.

Things to leave behind

- Heated hair devices of any kind including blow dryers. You will not need them, ;)
- Make up or "fancy dress" clothing
- laptops (unless you have a data plan as there is no wifi)

A further note about connectivity, cell signals are sketchy and "disconnection" is encouraged!! 🙄

Keep in mind, this is a "Glamping" adventure. Glamping means we will basically be camping in this amazing, historical family home. A sleeping bag is not needed as we will each have full sized beds with crisp linens, nice fluffy towels, spa robes and beach towels, however the bathroom fixtures (sinks, toilets, tubs) are original to the house and very sensitive. Because of this not every bathroom in the Manor is operational (but here are enough for sure!!) For showering we will use a modern outdoor bathhouse. The house is a completely smoke and candle burning -free facility, for safety reasons.

Guest rooms do have air conditioning.

Meals from Chef Mimi's Kitchen:

The Stafford Kitchen serves natural, organic, and local foods, including vegetables, proteins, and grains. You'll also find freshly baked breads and fresh fruits. Meals are served buffet-style and are all vegetarian; If you have further questions, contact Chef MiMi. Besides being a trained chef, MiMi is a Nutritionist and Health Coach.

Our mission in the Kitchen is to offer delicious meals to our guests that help to create health and vitality within each individual and for our planet. We understand that the foods which

create health and vitality will be slightly different for everyone, so we strive to offer options to cover these bases.

Most of our meals are served buffet style, sometimes we pack a picnic lunch or plate a 3 course dinner. If you are concerned about ingredients, please inquire. While we ask that you be responsible and identify any food allergies you might have, we want you to know that we have a special awareness of several specific food requests.

We work hard to balance our choices to include options for our guests with some of the most common food sensitivities, including gluten, dairy, and nuts.

What We Serve

Meals will be vegan or vegetarian. The buffet might include soup and/or salad, plus grain, bean, and vegetable side dishes. All of our salad dressings are homemade and most feature extra virgin olive oil or will be oil free. Other “healthy” fats will come from nuts, seeds, avocados and coconut. We will use only 100% organic and locally sourced ingredients whenever possible. Gluten Sensitivity.

For guests coming who have a sensitivity to gluten you will be assured to know the steps we take to ensure your dining pleasure: we use only wheat free tamari (soy sauce), and we have coconut amines on request. Our miso is also soy and gluten free, all of our herbs are gluten free, However, our kitchen is by no means gluten free. If you have Celiac, a serious gluten allergy, or any serious food allergy we should discuss options in advance.

Here is a sample of our schedule:

A Sample Day... With a variety of activities to choose from, your days can be as full or as quiet as you desire. Full schedule for your Retreat will be emailed to you in advance of your trip. You are welcome to print and bring along but please note the schedule changes frequently based on tides, weather, and whimsy.

Morning

- Wake, stretch, and stroll downstairs for to a morning Yoga class
- Prepare for the day with a nourishing breakfast
- Spend some quiet time alone, enjoy a meditation walk, or stroll the island.

Midday

- Get invigorated with a hike, on a bike, or a walk
- Nurture your body and soul with a nourishing lunch and new friends
- Enjoy a healing massage with our guest therapist.

Afternoon

Nature or Historical tours

Enjoy an afternoon yoga class or head to the beach with your journal

Evening

Chat with new friends while enjoying a fabulous all-natural meal, relax and tell stories on the grand porch or

Games in the library!