



WELLNESS RETREAT

REST. RECHARGE. RENEW.



MINDFUL MOVEMENT
Yoga & gentle exercise



REST & RELAXATION
Time for you to unwind



NATURE & RENEWAL
Hiking, fresh air & scenic surroundings



CONNECTION
Build meaningful relationships

RETREAT PROGRAM

NOVEMBER 6TH – 8TH, 2026

FRIDAY, NOVEMBER 6TH

3:00 pm Check in
4:30 pm Wellness session by Lee Chase- Pain Management
4:30 pm Reception – Cocktail hour
5:30 pm Energy Healing session by Ria Swift-Energy for Life
Dinner Local restaurant reservation-TBD

SATURDAY, NOVEMBER 7TH

TBD Sunrise
8:30 am Yoga session by Jenna Bagnall
9:30 am Continental breakfast
11:30 am Local hiking trails
12:30pm-5pm Free time – local activities + private session TBD
6:00 pm Sunset – cocktails
6:30 pm BBQ Dinner – optional at the Inn Menu – TBD
\$35 per person
9:00 pm Bonfire – enjoy a nice cozy fire

SUNDAY, NOVEMBER 8TH

TBD Sunrise
9:00 am Sunday breakfast
10:00 am Tai Chi by James Mershon
11:00 am Free time – local activities + private session TBD
5:00 pm Late check out

COST:

RETREAT PROGRAM (WITH 2 NIGHTS)

ACCOMMODATIONS, BREAKFASTS &
COCKTAIL HOURS

Private room with private bath

\$400

Single occupancy

\$600

Double occupancy

Limited bedrooms available that can sleep

3 people = \$750

\$250 per person

RETREAT PROGRAM ONLY

(WITH NO ROOM ACCOMMODATIONS)

\$75

RSVP & more information contact:

Meiling 732-877-8009

or email us at

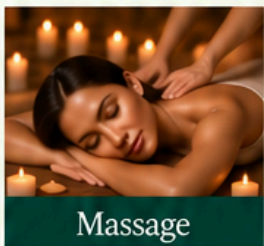
innatquailrun@gmail.com

Room Reservations:
please use promo code:

WELLNESS



Sauna



Massage



Hot Tub

Speakers



Lee Chase*

Fascial Release & Structural Integration Therapist

Lee Chase is a fascial release and structural integration therapist who helps identify and address the tension and movement patterns that lead to pain and dysfunction. Rather than treating symptoms in isolation, their work helps people understand why their bodies hurt by tracking structural imbalances, movement dysfunction, and compensatory tension patterns throughout the fascial system.

Their approach addresses not only where pain appears, but also the injuries, posture, repetitive habits, stress, and life experiences that contribute to it over time. Through fascial release, structural integration, and therapeutic bodywork, their work focuses on restoring balance, mobility, efficient movement, and long-term function within the body.



Ria Swift *

Cancer Thriver, Healer & Teacher

In the 80's and 90's I had cancer, double breast cancer and ovarian cancer.

The first breast cancer was treated, unsuccessfully, with 2 yrs of chemotherapy and 4 surgeries. The 2nd breast cancer I walked away from medicine, never went back, and used Frequency Medicines to heal myself. My 2nd breast cancer was cleared in a month and the ovarian cancer in even less time.

This beautiful reality has kept me learning and practicing and teaching for 38 years. I am now creating an online school of self-healing so that others can learn how to heal themselves. I want to help others be able to do a deep dive into their limitations and illnesses to remove them, transform them and move on.



Jenna Bagnall*

Yoga Teacher, Meditation Guide & Educator

Jenna's lifelong practice of yoga and meditation led her to found Inner Sanctuary as a resource to connect teachers and practitioners to a wider student audience. She believes that yoga is for everyone!

Jenna enjoys using all her tools and years of practice to assist students through an individualized yoga experience, cultivating their own inner sanctuary. She chose to earn her 200 hours registered yoga teacher training through Village Yoga and the Fluid Yoga School in Newfane, VT to not only advance her personal practice, but to find authentic teachers to work with. Jenna's goal is to empower students to be their own teachers! While she loves the connections she finds in the yoga community, she is driven by self-discovery and the intuitive journey of being guided by our own bodies.



James Mershon

Tai Chi Instructor

I remember when I first experienced a very unmistakable metaphysical event. This was at a time when I had no idea, belief or interest in such things. At a time when I was deep in depression and addiction, yet I could not ignore my metaphysical event. The problem I encountered after that experience was not having anyone around me that I could talk to about it. There were a couple people in my life that I thought I could talk to about such things, but wow! Was I wrong about that. I eventually met people who could help me process these experiences and thank goodness I found them because ultimately it led to turning my life around.

In my QHHT and Reiki work I have met many people with similar experiences. Having life altering experiences with no one around who can talk with them about it. If this is a situation you find yourself in, please reach out with an email or phone call/text. I will be happy to talk with anyone on any topic and I can also suggest online communities of likeminded folks that regularly meet via Podcasts, zoom get togethers and informational get togethers. All in a nurturing and nonjudgmental environment.



Book Private Individual session: \$45 / 30 min session

