

Whole Hearted Nourishment

Re-discovering Emotional Intelligence for Midlife and Beyond

A RETREAT FOR WOMEN 40+ EXPLORING TRANSITION, SELF-DISCOVERY,
SELF COMPASSION, LONGEVITY, AND AGING GRACEFULLY.



A HALF-DAY
RETREAT
to Nourish
Your Mind,
Body & Soul

Gather

in the heart of Sonoma, at a beautiful wine-country estate, with like-minded women to support self discovery.

Explore

how to nourish your mind, body and soul with your own emotional intelligence and gentle lifestyle shifts.

Infuse

your intentions as you enjoy an immersive sound journey poolside or in the water, allowing for fluidity and openness to all possibilities.

MEET YOUR EXPERT GUIDES



KIMBERLEY KINZER, EdD

Kinzer Consulting

EMOTIONAL INTELLIGENCE EXPERT,
EXECUTIVE COACH, SPEAKER



MELANIE LARSON MA, RDN

Motivate with Mel

BEHAVIORAL NUTRITIONIST
BEHAVIOR CHANGE EXPERT



CASEY DEITER

Casey Deiter Healing

ENERGY MEDICINE PRACTITIONER
SOUND HEALER

RETREAT AGENDA

- 10:00am Arrival & Connection
Settling in, light refreshments, and intention setting
- 10:30am Emotional Intelligence for What's Next
with Kimberley Kinzer
- 11:30am Nourishing Midlife from the Inside Out
with Melanie Larson
- 12:30pm Wine-Country Lunch & Connection
Nourishing food. Meaningful conversation.
- 1:15pm Immersive Sound Journey
Guided sound experience poolside or in the water
- 2:15 pm Closing & Takeaways
Leave feeling refreshed, inspired and empowered

SATURDAY, OCTOBER 17, 2026

10:00 AM – 2:30 PM

EARLY BIRD: \$185 BY SEPTEMBER 15

AFTER SEPTEMBER 15: \$225

INCLUDES:

Workshops • Lunch • Immersive Sound Journey

RSVP by OCT, 1
Space is intentionally limited.



SCAN TO REGISTER
Reserve your spot today!



kinzer consulting