

Mindful Events Indy Presents: The Fall Reset Retreat

“Small Events, Grand Experiences — and Maybe a Little Snoring.”

Friday — Pull Up & Unplug

4:00 PM – Check-In & Get Cozy

Arrive as you are — lashes on or off. Pick up your welcome basket (yes, there's a candle, please don't set the cabin on fire), claim your bed before someone else's friend does, and settle in for the weekend.

6:00 PM – Lasagna Love Dinner

Enjoy hot lasagna, garlic bread that slaps, and salad for balance. Eat, mingle, and pretend you're not on your second plate.

8:00 PM – Bonfire & Chill

Wrap up in a blanket, roast marshmallows, and share that one story you swore you'd never repeat. If you brought a guitar or a killer playlist, you're the DJ now.

Saturday — Self-Care & Shenanigans

8:30 AM – Breakfast & Laughs

Croissants, eggs, bacon, and coffee that gets you right with life. Early risers win... nothing, but we see you.

10:00 AM – Mindful Moments Session

Guided reflection on peace, purpose, and why your phone battery needed this weekend off.

12:30 PM – Lunch & Lounge

TBA Grab your plate and pick a porch — the view beats your inbox.

2:00 PM – Optional Activity Time

Trail rides, nature walks, power naps — whatever makes your soul say “ahhh.” If you nap in a cozy corner of the cabin, we'll just call it meditation.

6:30 PM – Dinner Vibes

Roasted chicken, soft rolls, loaded mashed potatoes and roasted veggies — a meal grandma would approve of. Toast to self-care, new friends, and the group chat that's about to blow up.

8:30 PM – Pajama Jam + Game Night

Rock your best PJs (matching sets = extra clout). Games, laughter, music, and “remember when” stories.

Sunday — Refuel & Reflect

8:30 AM – Breakfast & Goodbyes

Bagels, cream cheese, fruit and yogurt. Share takeaways, Instagrams, and maybe a few tears (hydration is key).

10:30 AM – Group Photo & Checkout

One last selfie for the group chat. Smile like you just had the best weekend of your life... because you did!

Mindful Events Indy

Where self-care meets real talk, good food, and even better company.