



ADIRONDACKS

Restorative Retreat for Healing Widows

SEPTEMBER 26-30 2024



PAISLEY
PROJECT

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The Adirondacks of Upstate New York

The beautiful Adirondack Mountains in upstate New York offer some of the country's most breathtaking Fall vistas. We have scheduled our retreat to the peak of Fall color. Whether you take a scenic hike to the top of Bald Mountain, or take a relaxing canoe down the Moose River, or simply visit the small towns and villages that make up the region, you'll be surrounded by awe-inspiring, vibrant color.

Relax in the unique Black Dog Lodge, perched on the water's edge. Sit by the fire pit and read, or drink coffee (or wine) on the expansive decks or patios. Everyone will be able to find solace in private spaces, or join in the many group gatherings or conversations.

Combined with the Paisley Project community support, activities, and healthy, prepared cuisine, this retreat in the Adirondack Mountains is an immersive experience that nurtures both the body and the soul, offering a sanctuary for healing, growth, and transformation.



A HEALING REFUGE IN THE COLORFUL ADIRONDACK MOUNTAINS

WHERE IS THE RETREAT?

Our retreat home is the Black Dog Lodge on Kayuta Lake, New York.

WHO IS INVITED TO ATTEND?

All widows, whether they are new to the Paisley Project, or have been involved before, are invited!

HOW LONG IS THE TRIP?

We arrive on Thursday, September 26th and leave on Monday, September 30th.

Retreat Overview

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MEET THE PAISLEY PROJECT IN NEW YORK

All women will fly into Albany, New York, at the beginning of the retreat. We will meet at the airport and travel in a rental vehicle shared by our group. We'll then head to our new home in the Adirondacks.

WELCOME TO THE BLACK DOG LODGE

Once you arrive, head to the Black Dog Lodge and choose your sleeping arrangements! Karyl will help with the planning.



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RELAX, REJUVINATE, AND CONNECT

The lodgings, cozy and welcoming, provide a peaceful haven for each woman. In addition to the soothing ambiance, we will offer 70-minute full body massages to melt away tension and promote holistic well-being.

We have carefully curated our retreat's dining experience, drawing from locally sourced ingredients. These nourishing meals often become an opportunity for widows to forge connections over delicious dishes, fostering a sense of community and support.

Each day, you will choose among many activities available to you, from hiking, kayaking, going for a pontoon boat ride, creating art, working through a puzzle with friends, or visiting a nearby town. This retreat is for you, so you have the power choose what feels right.

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RETURN HOME, RESTED AND WELL

At the end of our retreat, we'll return to the airport to fly out of Albany, New York.

Trip Highlights

This retreat is designed to have something for everyone, no matter what *healing* looks or feels like to you.

NATURE-FILLED SPACES TO EXPLORE

Renowned for its enchanting wild spaces, the Monterey area is filled with historic locations, woodland hiking trails, mist-shrouded vineyards, rocky coast lines and the meandering Carmel River.

NOURISHING, CURATED MEALS

Our delicious, chef-designed and/or prepared meals will be a cornerstone of healing, providing our bodies with the essential nutrients required for overall well-being.

PRIVATE HEALING MASSAGE

Talented Paisley Project member, Cindy, will be offering longer, private full-body massages as well as shorter massages that allow us to mingle while we relax.



HOT TUB AND STEAM ROOM ON LOCATION

You won't have to go far for a spa-like experience, because a hot tub and steam room are available at the Black Dog Lodge for our use, any time it feels right.

ART THERAPY AND HOME ACTIVITIES

We always keep a good puzzle on the table, in addition to offering other, therapeutic art-centered activities for every skill level.

Why Retreats are Magic for Healing from Loss



Quality time with community and nature is more than a vacation or a luxury – *it's what humans need to heal, survive, and thrive.*

Science has substantiated the profound role of community, nature experiences, and restorative retreats in aiding the healing process after loss.

Social support from communities, friends, or support groups fosters emotional connection, diminishing feelings of isolation and invoking the release of mood-enhancing neurotransmitters.

Nature experiences offer therapeutic benefits, reducing stress and depression by harnessing our innate affinity for the natural world, promoting introspection and emotional solace. Restorative retreats, whether nature-based or centered on therapeutic activities, provide dedicated time for healing, allowing participants to temporarily disengage from daily demands, fostering relaxation, self-awareness, and communal support.

Research affirms that all of these factors, combined, contribute significantly to a comprehensive healing journey for those grappling with loss—in this case, specifically for women are coping with the loss of their spouse.

REDUCES STRESS

The peace and tranquility of nature offers respite from the stressors of modern life, leading to improved mental and physical health, even better sleep.

IMPROVES MOOD

Studies show that people who spend time with nature have a lower risk of depression and anxiety while increasing happiness and well-being.

IGNITES CREATIVITY

Time with community in nature improves cognitive functions like creativity, attention, and memory. It's also been proven to improve focus and reduce mental fatigue.

BUILDS COMMUNITY

Group experiences can reduce feelings of isolation and offer a supportive environment where widows can openly discuss their feelings without judgment and develop a sense of belonging.

Your Investment

Trip Cost	Per Individual
Adirondack Retreat	\$700
Travel to and from the Black Dog Lodge	Not Included
TOTAL AMOUNT DUE TO PAISLEY PROJECT	\$700



WHAT'S INCLUDED

- Lodging
- Massage
- All Meals
- Wine, Sparkling Water, and Soda
- Private Yoga and Tea Experience
- Art Therapy / Journaling
- Hot Tub and Steam Room
- Transportation to Activities
- Guided hikes

OPTIONAL EXTRAS

- Shopping and dining in town
- Moose River kayaking outing
- Visit to Tug Hill Winery



September 26-30, 2024

Next Steps

01

RESERVE YOUR SPOT

Please notify Karyl McKendry as soon as you would like to confirm your spot.

We are limited to 8 spots for this retreat. These are on a first come, first serve basis.

Once you get in touch, Karyl will work with you to arrange your payment and reservations.

[CLAIM YOUR SPOT](#)

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BOOK YOUR ITINERARY

Once you've booked your spot with Karyl, it's time to get your tickets for travel and arrange any additional activities you would like to do once you're there!

Take a look at the visitor's site for the Adirondacks to get some inspiration and discover what tours you might like to book!

[VISITOR INFO](#)

We can't wait to share this experience with you.

THE PAISLEY PROJECT



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