

Reconnection. Rest. Reset. Renewal.

BEYOND *the Noise*



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*the Noise*TM

Dominican Republic Retreat Snapshot

August 21–25, 2026

Five Days + Four Nights

Samana, Dominican Republic

Intentionally Small Group Experience

What To Expect

- slower mornings
- meaningful conversations
- nature + ocean air
- nervous system support
- intentional rest
- optional excursions
- space to reconnect with yourself beyond the noise of everyday life

Perfect For:

first time international travelers

women coming solo

women craving rest, clarity, and reconnection

anyone needing a true pattern interruption from everyday life

Welcome to Beyond the Noise

Modern life has become overwhelmingly loud.



Notifications.

Schedules.

Pressure.

Constant stimulation.

Endless expectations.

Somewhere inside all of that noise, many of us have lost connection with our Selves, with rest, with presence, and with the slower rhythms we were meant to live by.

Beyond the Noise™ was created as an invitation to step outside the chaos for a little while and to reconnect with nature, meaningful conversation, spaciousness, and what truly matters.

We believe life was never meant to feel this rushed.

2 The Power of Pattern Interruption

Most people think burnout comes from doing too much.

But often, it comes from living the exact same exhausting patterns over and over again without ever fully stepping outside of them.

Wake up tired.

Rush through the day.

Answer notifications.

Take care of everyone else.

Push through exhaustion.

Repeat.



And after a while, survival mode starts feeling normal.

You stop realizing how disconnected, overstimulated, and emotionally overloaded you've become because the noise never fully stops long enough to notice it.

That's why this experience matters.

Not because five days magically fixes everything.

But because sometimes transformation begins with a pattern interruption.

A moment where you finally step outside the routines, pressure, expectations, and constant stimulation long enough to hear yourself again.

To sleep deeply. To breathe fully.

To laugh more. To feel present.

To remember there are other ways to live besides constantly rushing and reacting.

If nothing changes, life will likely continue moving at the same speed it always has.

The same patterns. The same exhaustion. The same constant noise.

But when people give themselves permission to pause, even briefly, something shifts.

Perspective returns. Clarity returns.

Energy returns. Presence returns.

This retreat is an invitation to interrupt the cycle long enough to reconnect with yourself again. Because life was never meant to feel this loud.

3 This is for you if...

- you've been craving a real break from constant noise of everyday life
- your nervous system feels overstimulated and constantly "on"
- you miss feeling calm, grounded, and present
- you've been carrying a lot for a long time
- you want slower mornings and space to breathe
- you've been dreaming about traveling but haven't known where to start
- you want to experience a new country in a supportive way
- you're ready to reconnect with yourself outside the pressure, schedules, and constant demands of life

Perfect for 1st Time Travelers

You do NOT need:

- travel experience
- a friend coming with you
- everything figured out

This retreat is intentionally designed to feel easy to navigate.

From airport transportation to meals and accommodations guidance, many of the details are already handled for you so you can simply arrive, settle in, and enjoy the experience. Whether you're coming alone, needing a reset, or finally saying yes to yourself for once... you are welcome here.



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What this experience will feel like....

For five days and four nights, you'll step outside the constant noise of everyday life and into a slower, more intentional rhythm.

Imagine waking up slowly instead of to alarms, notifications, or people immediately needing something from you.

Coffee in the morning air. Rainforest sounds.

Conversations that aren't rushed.

Long meals you didn't have to grocery shop for, prepare, or clean up afterward.

Space to finally read the book you've been meaning to for years.

Moments of silence. Moments of laughter. Moments where your nervous system can finally stop bracing for the next thing.

This retreat is intentionally designed to feel slower, softer, and more spacious than everyday life.



There will be time for:

- rest
- reflection
- nature
- meaningful conversations
- beach outings
- optional excursions throughout the Dominican Republic
- and optional workshops exploring how stress, pressure, and constant overstimulation are stored within the body



But more than anything, this experience is about what won't be there.

No constant rushing.

No endless notifications.

No pressure to perform.

No schedules packed from morning to night.

No one constantly asking something from you.

Just space.

Space to breathe deeply again.

Space to think clearly again.

Space to reconnect with yourSelf beneath all the noise.



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Accommodations

Our retreat group will stay together at Dominican Tree House Village, an immersive eco-lodge experience surrounded by nature in the D.R.



To give guests flexibility with room style, beds and budget, each guest will book accommodations directly through Dominican Tree House Village's website. This allows you to:

- choose the room type that feels best for you
- select accommodations that fit your comfort level and budget
- book directly with the property for a smooth experience

Your stay with Dominican Tree House Village also includes:

- airport transportation
- daily meals
- access to the property amenities and shared spaces

We will provide booking guidance and recommendations once your retreat spot is reserved.

Their website includes video of the stunning property, treehouses and amenities at www.dominicantreehousevillage.com



Investment & Payment Options

We believe rest, reconnection, and meaningful experiences should feel accessible and not overwhelming. Because of that, we've created flexible payment options to make joining us feel manageable.

Beyond the Noise™ Retreat Fee \$597

Please Note: Accommodations and airfare are booked separately.

Your retreat fee includes retreat programming, guided experiences, workshops, group activities, & community experiences throughout the retreat.

Payment Option 1: Paid in Full

Pay in Full at booking + Save 10% : \$537

This option is perfect for guests who want to simplify the process and fully reserve their space immediately.

Payment Option 2: Installments

\$197 deposit to reserve your retreat spot

PLUS 2 additional payments paid before the retreat begins

Your deposit secures your spot, applies toward your total balance and is non-refundable due to limited retreat capacity.

A Gentle Reminder

Most people keep waiting for life to magically slow down before they give themselves permission to rest.

But often, nothing changes until something **interrupts the pattern.**

This experience is an investment in:

- your wellbeing
- your nervous system
- your peace
- your presence
- and reconnecting with yourself beyond the constant noise of everyday life.



What's Included

Your Beyond the Noise™ retreat fee includes:

- curated retreat experiences and guided group activities
- connection and reflection circles
- optional workshops focused on stress, tension, & nervous system support
- beach outings and nature experiences
- optional Dominican Republic excursions
- private retreat community access
- travel preparation guidance and support
- local recommendations and coordination support
- intentional downtime for rest, reading, reflection, and slowing down
- meaningful community experiences

This retreat is intentionally designed to balance:

- rest
- connection
- spaciousness
- adventure
- and nervous system relief



There is no pressure to constantly participate, perform, or stay busy.

This experience is about stepping beyond the noise & not creating more of it.

10 Flights & Travel Information

For most travelers coming from the United States, getting to the Dominican Republic is very straightforward and beginner friendly. We recommend using Skyscanner or Google flights to search for flights, compare airlines, and track pricing. **You will fly into: Santo Domingo (SDQ)**

Many guests find especially good flight options departing from:

- JFK (New York) or Newark
- Miami or Fort Lauderdale

Once your accommodations are booked through Dominican Tree House Village, airport transportation to and from the retreat location is included with your stay.

Dominican Republic Entry Information

For U.S. citizens, no visa is required for tourist stays under 30 days. You will simply complete a quick, free online E-Ticket entry form before your flight. The process usually takes about 5–7 minutes.

We will also provide guidance and reminders before the retreat so the travel process feels simple and stress-free (especially for first-time international travelers).



Ready to Join Us?

If something about this experience has been speaking to you, we'd love to have you join us.

This retreat was intentionally created for women craving:

- rest
- reconnection
- spaciousness
- nervous system relief
- and a pause from the constant noise of everyday life

You do not need to have everything figured out.

You simply need to decide you're ready to give yourself permission to step outside the noise for a little while.

Your Next Steps

1. Submit Your Deposit

Reserve your retreat space with your deposit payment.

2. Receive Your Welcome Information

We'll send over retreat details, payment information, travel guidance, and next steps.

3. Book Your Accommodations

Choose and book your accommodations directly through Dominican Tree House Village based on your preferred room style and budget.

4. Join Our Retreat Community

You'll be added to our private group space where guests can connect, ask questions, and prepare for the experience together.

5. Begin Preparing For Your Dominican Republic Experience

Slow down. Exhale.

And start looking forward to five days designed to help you reconnect with yourself beyond the noise.

12 Why We Created Beyond the Noise™



In 2019, our family first traveled to the Dominican Republic searching for something we couldn't quite put into words at the time. Slower living, deeper connection, more presence, and a different way of experiencing life.

In 2020, we officially relocated there with our three children and began building alternative education and community experiences outside traditional systems.

Since then, while living abroad and traveling throughout Southeast Asia, we've welcomed two more children into our family and continued exploring slower, more intentional ways of living and learning together.

Through all of it, one thing became increasingly clear to us:

Modern life has become incredibly loud.

People are overwhelmed.

Overstimulated.

Constantly rushing.

Disconnected from themselves, from rest, and from meaningful connection.

Beyond the Noise™ was created from that realization.

Not as a luxury escape.

But as an intentional space for people to pause, reconnect, breathe deeply, and experience life differently for a little while.

We care deeply about creating experiences that feel:

- grounded
- welcoming
- restorative
- human
- and supportive for both experienced and first-time travelers

The Dominican Republic has been an important part of our family's story for many years, and we're incredibly excited to now share that experience with others through Beyond the Noise™.

Hope to see you there,

Amanda & Solomon