



— 9/17 - 9/19 —

TRUE NORTH INTUITION

# RETREAT 01

2021 - Stanchfield, MN-



TRUE NORTH INTUITION

# MISSY & NICOLE

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WELLNESS RETREAT 01  
September 17th-19th 2021

All-inclusive yoga, fitness, food, and  
wellness retreat with personal trainer  
and private chef.

# RETREAT

## 01

3 days, 2 nights

We are thrilled to have you with us on this retreat.

We can't wait to dine with you, move with you, and get to know you!

Please read through your Retreat 01 Guide prior to attending the retreat.

Let us know how we can help!

[\\*See liability forms & waiver for dietary requests & special accommodations](#)



### 1 RESET.

**your routine**  
**your goals**  
**your boundaries**

Life happens at a speed that can feel stressful. Take intentional time to reset your routine and focus on your goals with a retreat of movement, meditation, and nutrition.

Return to your everyday with a clear idea of how to pause, breath, and reset when life starts to speed up.

Learn new workouts and feel confident in reaching your fitness goals.

### 2 RESTORE.

**your body**  
**your passion**  
**your worth**

Immerse yourself in nature, peace, and quiet while tuning in to your inner voice. Rest in luxury in a gorgeous, 2-story lakeview home.

Learn to listen to your intuition and let it guide you toward your best, most fulfilling life.

Think critically about what's holding you back, and feel supported as you unlock more potential than you knew you had!

### 3 RENEW.

**your nutrition**  
**your mindset**  
**your connections**

Fuel your body with fresh and fabulous food for an entire weekend.

Reconnect with your sense of self. Meditate on your goals. Reflect on what's working and where you need support.

Make new friends who will support you and will always cheer for you. Workout, cook, and create with like-minded people who are ready to reach new destinations.







## YOUR RETREAT

### *Restore your body & mind with time in nature*

This is your weekend to tune in to your inner voice of intuition. When we make space to listen to what is in our heart, we grow and nurture our true selves. When we surround ourselves with positive, kind souls, we learn to be kind to ourselves.

Spend some quality time in nature. Observe the earth as it transitions from lively summer to the fall season of rest and closure. Listen to the breeze, the waterfront, or a crackling fire while you reflect on your inner strength and passions.

Enjoy resting and resetting in a luxurious 2-story lakefront property, with light, airy decor and crisp lakeviews. Leave distraction behind and absorb the peace and quiet of rural MN.

Journal and meditate with focus and guidance from your mentors and new friends. Unlock what's holding you back from pursuing what you truly want in life.

Revive your body with sunset yoga flows for decompressing, and warming sunrise vinyasa to feel awake and invigorated.

Daily HIIT classes will light you up and set your soul on fire. High Intensity Interval Training packs results into an efficient workout, and is modifiable for all levels!

Coach Missy will keep you smiling the entire time you're sweating, and push you to do things you didn't know you could do! Her energy and optimism are completely contagious.

After workouts, private chef Nicole will cater to your fitness and wellness goals with delicious, home-made gourmet meals. All meals are taken care of for the duration of your stay, allowing you to simply unwind and relax. Make friends over brunch on the patio or enjoy dessert after dinner by fireside.

Chef Nicole will be offering cooking tips and tutorials for each dish. Join our interactive dinner party to cook a three-course gourmet meal yourself.

Lastly, leave with a gorgeous frameable art piece that you create! Make a meditative watercolor painting with help from a watercolor artist. Choose a project and a color palette that's uniquely you.



# MEET MISSY

Missy currently lives in Minnesota in a lake community called Exelsior.

After spending years on both the east and west coast, she found that she loves the change of seasons and being close to family.

Her two most important values are making a difference & taking care of your well-being.

## *Fitness Coach*

As a former NCAA First-Team ALL AMERICAN softball player and Division I collegiate softball coach, Missy has turned her passion for athletics into a fitness career. She teaches strength, yoga, meditation, indoor cycling, and HIIT classes with an empowering blend of power and heart. Her warm, welcoming presence is completely contagious.

## *Yoga Teacher*

## *Mindset Coach*

Missy has supported others through discovering how to leave careers or situations that no longer serve them, and coached them to embody their passions. She believes in the miracles you can create for yourself and in living life with purpose.

## *Mentor*

She's fiercely dedicated to furthering her fitness & meditation practices, building up her community, serving others, and investing energy in leadership training. She's committed to showing up for you so that you can show up for yourself.

## *Friend*





*"I love to laugh. I love being with my parents, siblings, nieces and nephews I have a great dane, Brita, who weighs almost as much as I do!*

*I love running, being in the mountains, writing, personal growth and development. I'm currently writing my first book and teaching myself how to play guitar. My greatest passion in life is empowering others to experience greatness and fulfilling on what's possible in their life.*

*I live by embodying appreciation for life's experiences, great and small. I'm bold. I take risks. I'm messy, and the journey continues ever upward and onward.*

*I can't wait for you to see what you are capable of in your life!"*







## TRUE NORTH INTUITION

*born in the quiet hours of meditation  
and curiosity*

After a year of getting quiet, True North Intuition was born. Missy practiced meditation and dialing in to what her truest passions are.

True North Intuition grew from quieting down her mind to be present to what her truth is in this moment in time. It is creating custom wellness retreats just for you!

Missy is committed to supporting you in finding your True North.

By learning to listen to your own guidance system for what really matters in your life, you will step into a new way of embodying your truest, ever-expanding self. You will be able to see yourself as the beautiful soul others see you for.

*What will you discover when you tap in to your intuition?*

# MEET NICOLE

## CHEF

Nicole has worked in restaurant kitchens, delis, and bakeries for over 15 years. She's a meal prep extraordinaire with a focus on providing maximum flavor as well as nutrition on a budget.

Healthy food can taste as amazing as the not-so-healthy stuff if you know a few chef tricks! And cooking well does not mean spending a lot of money or time or energy. In fact, it often means saving dollars and hours! She is excited to share her experience.

Each meal will be presented as a mini cooking class. Bring your questions and ask her anything!





## ARTIST

Nicole is a watercolor artist, specializing in animals, food, and fantasy creatures, as well as anything fitness related and puns.

She's created hundreds of products and designs from her illustrations, from baby blankets to tote bags to t-shirts to tattoos.

Watercolor painting is extremely meditative and helps you learn to let go of your expectations and enjoy the process. It's a lesson in patience while still allowing you freedom to explore. Watercolors are beautiful every time, and we are looking forward to sharing them with you!

Nicole is a published children's book illustrator and working artist. Shop her products at:

[www.upliftillustrations.com](http://www.upliftillustrations.com)  
[www.howtosneaktreats.com](http://www.howtosneaktreats.com)  
[www.etsy/okbutseriously.com](http://www.etsy/okbutseriously.com)

## FITNESS FRIEND

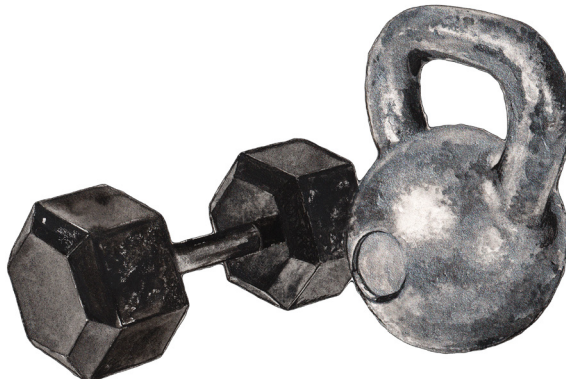
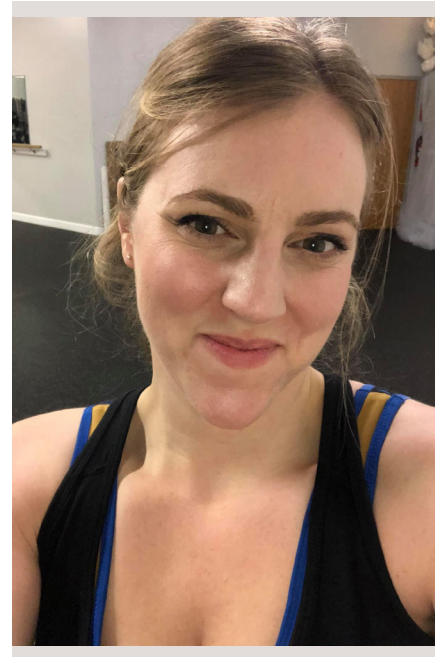
*"I'll be your fitness buddy anytime! I workout to keep my mental health healthy and my depression and anxiety at bay. As long as I'm moving my body I feel confident and love helping you do the same!*

*I have experience in kickboxing, weight lifting, plyometrics, HIIT exercise, and yoga. My absolute favorite workout is a playground circuit, as I love to feel like a kid and would rather play than workout.*

## MINDSET COACH

*I love supporting you in reaching your goals. Often it is the story we tell ourselves that gets in the way of achieving amazing things!*

*I am here as your cheerleader, your reality check, and your sense of humor when you're too stressed to have one of your own."*







# Fuel with color

**Learn to focus on how you feel  
when you eat colorful seasonal  
fruits and vegetables**





*MN Forager's Print  
Uplift Illustrations*

Food can heal us from the inside out. We can't wait to connect at the dinner table over stories and laughs.

Certainly healthy food has to be boring, tasteless, and monotonous, right? Wrong! Chef tips and simple ideas will have all your meals singing with flavor. Fine-tune your knowledge of fats, acids, salt, and seasonings to impress your family, your guests, and yourself every time you cook!

Gain hands-on experience cooking and attend any or all mini cooking classes. Jump into creating a three course meal and simultaneously learn to meal prep. Work as a team with your new community to achieve something epically delicious.

Meal prepping is chef Nicole's specialty. Get real-world knowledge that's applicable to your lifestyle, budget, and your routine. Practice knife skills and learn to listen to your inner chef's intuition. Bring your questions and your personal challenges with cooking and we will debunk myths, gain confidence, and send you home a meal prep maniac.

We are bombarded with fad diets, food marketing, high-fat and fat-free promises everywhere we turn. How can we ever trust what is truly "healthy" food? It is simpler than it seems. Train yourself to think of food as fuel.

Food as fuel is a philosophy that allows you to create as much energy as you need by feeding yourself well. Learn to notice how your body reacts to different types of foods by first understanding basic nutrition.

We may feel low-carb or low-sugar is "healthy", for instance, but do we know what carbs actually are? Why we might need them? When they might harm us? Or why sugar gets such a bad rap? Or what fiber does for our organs? Nutrition Basics are a great place to start.

Learn how to build a meal full of nutritious fuel and how to plan ahead to get time back each day.

Leave your restorative weekend with an entirely new perspective on feeding yourself and feel inspired like never before. You are an amazing cook!

# JOURNALING & MEDITATION

*Create your own possibilities with support and prompts from your mentors*

Have you journaled before? Would you like to again? Not sure it's for you?

Wherever you're at, we'll help you dial in on your energy sources so you can recharge easily instead of feel depleted by your day.

Create your own roadmap to success. Journaling prompts will fast-track you to seeing your goals clearly and understanding the steps of success.

We'll guide you through gratitude and affirmations, and help you create a routine around journaling. Connect with others and share stories and styles of journaling.

Record your meditations and reflect using your Retreat 01 Goal Guide (included). Plan your goals and your pathway to success in stages, with prompts and benchmarks to record along the way.

## **Benefits of daily journaling:**

Clear and focused vision for your day

Time-blocking increases efficiency

Build routine and habit for improved follow-through

Concise and productive workflow

Setting intentions strengthens integrity

Speak more kindly to yourself

Set and achieve goal timelines

Reflect and process emotion





# WORKOUT SCHEDULE

**FRIDAY**  
**SATURDAY**  
**SUNDAY**

30 MIN



# HIIT CLASSES

*High Intensity Interval Training*

## **BODYWEIGHT EXERCISES**

HIIT training packs an efficient calorie burn into a high-energy workout using only your bodyweight for resistance. The moves are challenging and fast-paced but modifiable for any level!

## **INVIGORATING RESULTS**

It only takes one HIIT workout to be hooked! Missy's energy and enthusiasm is completely contagious, and we guarantee you'll finish sweating and smiling.

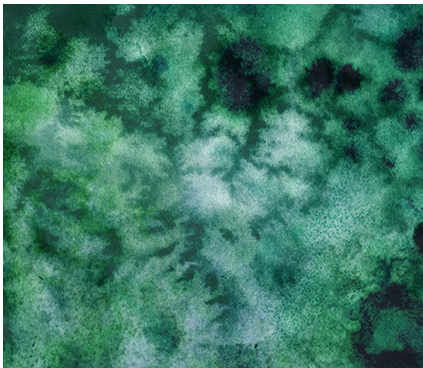
## **BETTER TOGETHER**

We are so excited to work out together! You'll be pushed to the max by the energy of your fellow workout buddies and so proud of yourself after completing these classes.

# WATERCOLOR meditation

## LEARN WATERCOLOR WASHES

For a look that's completely unique



### Supplies Provided

Try different  
paper textures

Compare brands  
of paint

Experiment with  
brush sizes

## PRACTICE LETTING GO

Find some zen in pools of color and water



### Hands-on Help

Play and create  
with confidence

I love seeing what  
you create!

Plenty of practice  
paper



# CREATE A KEEPSAKE ART PIECE



## MN SILHOUETTE



**Great for:**  
a memento of MN  
  
smaller spaces  
  
instagramming  
  
gift giving

## FOGGY FOREST



**Great for:**  
seasonal decor  
  
classic cabin  
  
country style  
  
the Up North  
vibe

## FALL LEAVES



**Great for:**  
fall lovers  
  
sipping your PSL  
  
practicing  
shapes & water  
control

## ABSTRACT COLORS



**Great for:**  
something  
unexpected  
  
a conversation  
piece  
  
encouraging  
exploration



Friday Evening



Saturday Morning



Saturday Evening



Sunday Morning

## YOGA classes

### Vinyasa Flow

Stretch and strengthen

### Your level

Your yoga practice is completely yours. No experience necessary, all experiences welcome.

### Energy Flow

Wake up your entire body

### Your body

No two bodies are alike. What you need for your body today is totally ok.

### Sunset Flow

Sink into a deep meditation

### Your experience

Every experience is welcome. You are not judged or critiqued.

### Vinyasa Flow

Keep your energy flowing

### Your challenge

Yoga is a chance to listen to your body and learn where it may need support or space.



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*Let this be time for you.  
Time to listen to where your body  
needs space and support, and to  
tune in to your strength and  
resilience.*

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Yoga flows daily  
by Missy





Anatomy of a Salad



Marinades & Grilling

## RETREAT 01

### menu



Homemade Soups



Build-a-Bowl

#### Appetizers

Friday afternoon

#### Nutrition Basics

Learn the basic building blocks of food as fuel.

Crash course in the five components of nutrition: *carbohydrates, sugar, protein, fiber, and fats.*

#### Build-a-Bowl

Friday evening

#### Marinades & Grilling

Marinades and seasonings straight from a chef.

Build-your-bowl as we talk about cook methods, equipment basics, and knife skills.

#### Breakfast Bar

Saturday morning

#### Overnight Oats

Mix your favorite add-ins + taste a variety of whole grain breakfast options.

#### How To Hash

Hash: the best way to use up produce! Tailor your hash to your preferences.

#### Soup & Salad Bar

Saturday midday

#### Anatomy of a Salad

Learn salad fixin's and how to make a killer salad bar.

#### Homemade Soups

Blend your own or choose a variety of homemade options.



**Better Beverages**



**Breakfast Bar**

## & COOKING classes



**Meal Prep 101**



**Sweet Tooth Saviors**

### **Picnic Snacks**

Saturday afternoon

### **Take Nutrition To-Go**

Don't worry about getting caught sans snacks out in the wild. We'll teach you how to grab good nutrition on-the-go, and how to pack for any hunger attack.

### **Interactive Dinner Party**

Saturday evening

### **Meal Prep 101**

In this interactive event, we will put the 3x3 method into action.

### **Sweet Tooth Saviors**

Wind down with nutritious desserts and perfect swaps for sweets.

### **Farewell Brunch**

Sunday morning

### **Sweet & Savory**

Enjoy your last seated meal with your new friends, lifelong mentors, and your new perspective on yourself. Featuring a variety of sweet and savory hors d'oeuvres, fresh juices, and coffee.

### **N/A Beverages**

All weekend

### **Better Beverages**

Hydrate with bright, interesting fruit infusions and syrups.

Purees, veggies, herbal tinctures, and other unexpected ingredients make unique & craveable concoctions.



RETREAT TERMS AND CONDITIONS

**1. Booking**

Your booking is considered definite upon non-refundable deposit and you agree to these terms and conditions.

**2. Payment**

(a) Non- refundable deposit of \$200 is required to book your retreat.

(b) Remaining balance can be paid in two installments if needed. Payment in full is required by August 31st, 2021.

**3. Your Travel Arrangements**

All travel arrangements are your responsibility and at your own cost. We shall not be held liable for any consequences arising from delays or cancellations.

**4. Travel Insurance**

(a) Travel insurance is highly recommended. If you choose to buy insurance we require that your travel insurance covers the activity of this retreat as well as unexpected cancellation, sickness, losses and all the usual risks. You should bring the policy with you in case of an emergency.

**5. Your Health**

(a) It is your responsibility to let your Yoga Instructor know if you have any injuries and to be mindful at all times of your own body's capability during the retreat. If you experience any injury or discomfort during any activity during the retreat, then you must desist immediately.

(b) It is also your responsibility to consult a doctor with an understanding of yoga to check that you are sufficiently fit and healthy to undertake yoga classes and other physical activities that you may chose to do whilst on the retreat.

(c) Please advise us of any mental or physical health conditions and dietary requirements before you book. If you have health conditions and dietary requirements that may be affected by the activities offered on our retreats we reserve the right to advise you to desist and in the interests of your wellbeing, or others, we may decline your stay at our retreats.

(d) We shall not be responsible for any injuries.

(e) Women who are 12 to 28 weeks pregnant should provide a letter from their health practitioner specifying that they are fit to travel and able to engage in the activities that we provide.

**6. Cancellation by you**

(a) You may cancel your booking at any time, providing that the cancellation is made by the person submitting the booking form and is notified to us in writing. Cancellation will take effect the day such notification is received by us. If another person can be found to take your place, then we may offer you a refund at our discretion.

(b) Bookings are for the stated period of the retreat. There are no refunds for an unused portion of the retreat.

**7. Amendments by us**

Occasionally, changes may have to be made (e.g., yoga teacher, class times or other arrangements), which we reserve the right to do at any time. If your accommodation has to be changed, we will do our utmost to provide accommodation of a similar rating. If a significant change becomes necessary, we will inform you as soon as reasonably possible.

**8. Cancellation by us**

We reserve the right in any circumstances to cancel a retreat. If our minimum number is not reached we may cancel and refund the money to you.

**9. Our liability to you**

(a) We accept responsibility for ensuring that the retreats are supplied as described and that the services we are contractually obliged to provide meet or exceed standards.

(b) We do not accept any liability for cancellations, delays or changes caused by war, threat of war, terrorist actions or threats, closure of airports, civil strife, industrial action, natural disaster, technical problems to transport, staff cancellations, unforeseen changes in your personal circumstances or other events beyond our control.

(c) We are not liable for any injuries you may incur. Yoga classes are undertaken at your own risk. We are not liable for any medical or psychiatric conditions, which may develop during or subsequent to the retreat. We are not liable for loss of, or damage to, your personal property. We are not responsible for food allergies.

**10. Group Bookings**

Where a booking is made on behalf of several individuals the booking is conditional on the person(s) paying having authorization from all the individuals named on the booking form to enter into this contract. The terms of this contract will apply to each member of the group as though they had paid for their own retreat individually and directly to us.

**11. No Liability for possessions**

The property will not be left empty and unlocked at any time. It is your responsibility to ensure that your possessions are kept safe at all times. This includes hire cars or other hired equipment.

**12. Complaints & Mindset**

If you have a problem during your retreat, please inform the organizer immediately and he/she will endeavor to put things right. Please note that we cannot be responsible for the individual behavior of any group member or other guest sharing your accommodation. You are responsible for keeping an open mind and an open heart, remaining kind to yourself and others throughout the retreat.

**13. Privacy Policy**

We do not share customer details with any 3rd parties. Any personal information that you provide to us will be used only for the service you requested.

**14. Photography**

I, for good and valuable consideration, the receipt of which is hereby acknowledged, hereby irrevocably authorize True North Intuition to use photographs of me and or my property and authorize her and her assignees, licensees, legal representatives and transferees to use and publish (with or without my name) photographs, pictures, portraits or images in any and all forms and media and in all manners including composite images or distorted representations, and the purposes of publicity, illustration, commercial art, advertising, publishing (including publishing in electronic form on CDs or internet websites), for any product or services, or other lawful uses as may be determined by the photographer. I further waive any and all rights to review or approve any uses of the images, any written copy or finished product. I am of full legal age and have read and fully understand the terms of this release.

## TERMS AGREEMENT & EMERGENCY CONTACT FORM

Full name:

Phone number:

Emergency Contact Name:

Phone Number:

Relationship to you:

*I, the undersigned, do hereby agree to all terms and conditions. I fully understand that my retreat experience is my responsibility. I am prepared to have new experiences and for the potential to be uncomfortable at times. I recognize the energy I bring to the retreat affects not only myself but others, and I am committed to maintaining an open heart and an open mind. I acknowledge that growth and change are welcome and available to me. I am willing to ask for help, space, or state my boundaries when necessary.*





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*We are filled with enormous  
gratitude that you're trust-  
ing us with open minds and  
open hearts...*

*...and estatic you're taking  
time for you and have a  
desire to show up in life  
as your most positive and  
healthy self!*

-Missy & Nicole

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