



HOFFMAN PROCESS COHORT REUNION PROPOSAL - A RETREAT AT MEA

| OVERVIEW |

Heralded by the New York Times as the “world’s first midlife wisdom school,” MEA focuses on empowering individuals in midlife and beyond to live a life as deep as it is long. MEA’s purpose-filled journey encompasses lifelong learning, revolutionary practices, evidence-based tools, and connection with a like-hearted community. At our beautiful campus at Rising Circle Ranch in Lamy, New Mexico (outside Santa Fe), guests embark on transformative journeys that provide relaxation and enjoyment and also facilitate personal development and enrichment in new ways. We welcome your retreat participants to our beautiful facility.

MEA’s beautiful, newly opened Rising Circle Ranch in Lamy, New Mexico just outside Santa Fe, has already been named a [TIME Magazine](#) Top 100 World’s Greatest Places to Visit in 2024 and a [CNN](#) Top Self Discovery location of 2024. The wide open space of our new 2600-acre Ranch provides the ideal setting for a transformative journey. On the [4 square miles](#) of the Ranch, you’ll feel a soothing and restorative sense of spaciousness and awe. The entire ranch is your classroom.

We invite your retreat attendees to experience MEA’s Rising Circle Ranch and unlock deep wisdom, connection and learning. Our team will work with you to make sure you have all that you need to conduct your sessions and activities and that all of your guests feel supported. MEA will focus on the details of your visit, allowing you to concentrate on relaxation, enjoyment, personal development, connection and enrichment in a spectacular setting. Your team will leave renewed, inspired and ready to start a new chapter.

| SUMMARY |

The entire ranch at Rising Circle is our classroom. Our team will work with you to make sure you have the space and setup you need to effectively conduct your workshop sessions and activities. We will make sure all of your guests feel supported and inspired.

| RETREAT DATES |

We would be delighted to accommodate your group during the following 2025 dates at our Cottonwood Retreat Center for a minimum 3 night stay. Dates subject to availability at the time sending a contract. We can place a courtesy soft hold for 14 business days and provide you with the first right of refusal if another group inquires about the same dates.

August 7-10
September 18 - 21
November 6 – 9
November 13 - 16

Available Rooms:

King - 15 rooms
Double Queen - 7 rooms

Option 1 - No MEA Programming - Accommodations, all F&B, campus spaces and amenities, and one daily Ranch activity

Prices exclude taxes (9%) and a \$10% service fee of total room charges. Please note these rates are inclusive of all of the items listed below.

Single Occupancy - \$550/per night
Double Occupancy - \$450/per night/per guest

- A minimum of at least 8 rooms must be booked for at least 3 nights to receive these exclusive rates.

- Three gourmet meals, artisanal snacks, and drinks throughout the day are included. All meals made with fresh, local ingredients are often sourced from our organic suppliers. All dietary restrictions will be accommodated.
- Daily morning Mindfulness or Body (light yoga)
- Beer/Wine/Cocktails available at during welcome reception and daily at dinner
- Guided Daily Mind / Body can be added for \$125 per day as an add on - your group will have access to the mind / body space and equipment if you need it based on schedule availability
- Choice of one daily Ranch activity/experience from the following (optional)
 - Equine Encounters - Participate in activities associated with caring for horses and donkeys, including grooming. If you have never cared for or ridden a horse before, or it has been a long time, this is a great way to connect with and learn more about horses. No riding involved. (1 hour - 90 minutes)
 - EQUUS experience - (only available Monday to Friday - 2 hours - weather permitting)
 - Experience breakthrough learning with The EQUUS Experience[®], where horses—our millennia-old wisdom partners—help us understand our true selves. Guided by MEA Faculty Lee Johnson and Sue Izzo, this non-riding interaction with horses offers self-discovery through intention-setting, observation, and group discussion.
 - Created by Kelly Wendorf, Founder of EQUUS, an award-winning leadership-development organization, this unique opportunity is exclusively available at MEA's Santa Fe campus during our Navigating Transitions and Cultivating Purpose workshops. EQUUS is MEA's exclusive Equine Assisted Learning Partner and Trainer. (included with larger groups - for small groups there is an additional fee)
 - Guided Land Regen Walk - Learn about the principles of the land regeneration methodology used at MEA, understand the water cycle, mineral cycle, and how to "read" the health of the land. (1 hour)
 - Guided Nature Hike - Experience a rejuvenating guided hike through the breathtaking landscapes of MEA's private trails, where nature's beauty unfolds at every step. (1 hour)
 - Campfire with Storytelling - Experience the enchantment of a campfire under starlit skies, creating a magical ambiance that captures the essence of togetherness. We can hire a local musician for an additional \$300 fee.
- Classroom / Meeting Space
 - Access to all breakout areas, communal seating areas, and entire campus
- Transportation can be arranged from ABQ or SF Airports for an additional fee at MEA negotiated rates

OPTION 2 - Two Hours of daily MEA Programming w/ MEA Facilitator + Your Own Agenda

Prices exclude taxes (9%), 10% service fee per room (of room charges). Please note these rates are inclusive of all of the bulleted items listed below.

Single Occupancy - \$700

Double Occupancy - \$550 / per person/per night

- A minimum of at least 8 rooms must be booked for at least three nights to receive these exclusive rates.
- Three gourmet meals, artisanal snacks, and drinks throughout the day are included. All meals made with fresh, local ingredients are often sourced from our organic suppliers. All dietary restrictions will be accommodated.
- Beer/Wine/Cocktails available at during welcome reception and daily at dinner
- Daily morning Mindfulness or Body (light yoga)
- Choice of one daily activity from the following:
 - Equine Encounters / Stable Life - Participate in activities associated with caring for horses and donkeys, including grooming. If you have never cared for or ridden a horse before, or it has been a long time, this is a great way to connect with and learn more about horses. No riding involved. (1 hour - 90 minutes)
 - Guided Land Regen Walk - Learn about the principles of the land regeneration methodology used at MEA, understand the water cycle, mineral cycle, and how to "read" the health of the land. (1 hour)
 - Guided Nature Hike - Experience a rejuvenating guided hike through the breathtaking landscapes of MEA's private trails, where nature's beauty unfolds at every step. (1 hour)
 - Campfire with Storytelling - Experience the enchantment of a campfire under starlit skies, creating a magical ambiance that captures the essence of togetherness. We can hire a local musician for an additional \$300 fee.
 - Transportation can be arranged from ABQ or SF Airports for an additional fee at MEA negotiated rates
- Classroom / Meeting Space
- Access to all breakout areas, communal seating areas, movement room (subject to availability at the time of booking)
- Choice of MEA curriculum topics (approx 2 hours each) - sampling below. Our programming team will work with you to define content after we have a signed agreement. Sample curriculum descriptions can be found [here](#)



- Active Listening
- Appreciative Inquiry
- Mindset Management (with adjustments)
- Liminality
- Transportation can be arranged from ABQ or SF Airports for an additional fee at MEA negotiated rates

OUR ACCOMMODATIONS AT RISING CIRCLE RANCH INCLUDE:

The Ranch's stunning high desert campus offers the perfect combination of growth, wellness and regeneration. Included are a range of amenities so that you can truly reset and replenish while your group also learns and connects.

- Ample outdoor spaces
- Lots of comfortable seating nooks for relaxing, reflecting, chatting and silent contemplation
- Mind / Body space
- Steam Room (tbd on availability - currently under construction)
- Fitness Center
- Firepits
- E-bikes
- Wi-Fi
- Transportation between buildings
- Walking trails
- MEA Wisdom library @ Juniper

| ACTIVITIES |

The experience can be enhanced with a variety of on-campus or off-campus activities. Here is a sampling. The full add on activity list can be found [here](#). Premium experiences can be found [here](#).

On Site

- **60 minute Massage** - \$150
- **Stargazing** - An overview of what the night sky represents as both a natural and cultural resource. Traditions and techniques to ensure survival based upon knowledge of celestial patterns. Astronomer Peter unfolds a narrative to cover the modern period of astronomy – how we came to know our place in the solar system, galaxy, and the astounding fact that just a bit more than



100 years ago, many believed that our home, the Milky Way galaxy was the extent of the universe. (Full presentation with telescope \$1,000 or 60 min lite version with laser pointer and discussion \$800).

- **Ridge Rally** - We set out on foot, beginning on our trail network, across the arroyo and over to the ridge; eventually gaining the top. Along the way we will leave our collective fingerprints and intentions through ritual. Great early morning or towards sunset (if guests are comfortable with a low light return. (\$350)

Off-Site

- **Hiking in the Galisteo Basin Reserve** - The largest public access private trail system in the U.S.
- **Bandelier National Monument** - The Pueblo people settled in the sculpted canyons and mesa tops of the Pajarito Plateau west of Santa Fe about 900 years ago. This amazing volcanic landscape is among the most beautiful places in the Southwest. On this trip we visit a National Monument (managed by the National Park Service) which holds cliff dwellings and expansive ruins of Pueblo villages dating to the 1500s. The drive to and from Bandelier is beautiful as you cross the Rio Grande near San Ildefonso Pueblo and have some extra stops that will amaze you.
- **10,000 Waves Spa and Bathhouse** - A transcendent retreat where Japanese-inspired tranquility meets luxurious relaxation, offering a serene oasis for rejuvenation and a harmonious escape from the everyday. Known for the traditional Japanese hot tubs, saunas, and various spa treatments.
- **Guided walk on Canyon Road or Downtown Santa Fe**
- **Hands on Artist Playshop** - Drop down the rabbit hole with artist Judy Tuwaletsiwa and explore the power of images and words to heal. Participants put their hands in clay, paint, draw, work with needle & thread, write stories, sit in nature, observe and emerge with new ways of seeing and perceiving themselves and the world.

THANK YOU FOR CONSIDERING MEA

When you are ready to share your thoughts, please contact me on cell at 214-663-7664. I look forward to addressing any questions you may have and collaborating with you to create an exceptional travel experience tailored to your private group.

Sonali Kumar

Director of Sales - Santa Fe
214.663.7664

