

Mother's Day

Wellness RETREAT



Join us **May 7th - 10th, 2026** at Doe Bay Resort on Orcas Island for a transformational retreat to reconnect with yourself.
Breathe. Believe. Release. Receive.



Letting Go and Letting In



Daily yoga practice



Transformative breathwork sessions



Restorative hot pool soaks and cold plunge



Mindful nature walks and island excursions



Nourishing community connections, workshops, and fun

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#RETREAT YOURSELF

Meet the Team

Meet the Team



SHELLEY PROSISE

As a certified coach, Shelley creates transformative spaces where people can exhale, explore, and emerge stronger. Drawing on over 20 years of hands-on experience transforming organizations and developing high-performing teams, she brings a unique blend of wisdom traditions and modern coaching approaches to our retreat experiences. Whether we're diving into Enneagram insights, engaging in interactive workshops, or practicing the power of breathwork, you'll discover a journey of self-discovery that's both profound and surprisingly fun. What lights her up is creating those 'aha' moments where everything just clicks. Think of Shelley as your personal growth adventure guide — equipped with techniques to help you navigate both the peaks and valleys of your journey with grace, wisdom, and joy. Together, we'll create the space you need to reconnect with your authentic self and step into your full potential.



DAYNA DEALY

Dayna is a free-spirited explorer with an insatiable curiosity for life—whether she's traveling to new places or diving deep into self-discovery. After 30 years in the corporate world, she traded meeting rooms for yoga mats and spreadsheets for soul work, embracing a new path of sharing the wisdom she's gathered along the way. She began yoga over 20 years ago, sparking a journey through different styles and practices that have helped her find balance, clarity, and moments of bliss. For Dayna, yoga isn't just about movement—it's about grounding the body, expanding the mind, and opening up to new possibilities. Through yoga, meditation, and spiritual exploration, she's here to help others tap into self-awareness, inner peace, and a deeper connection to themselves. She's beyond excited to co-lead this retreat with Shelley and can't wait to share this adventure of letting go, letting in, and embracing all the magic in between!



MANDY MORNEAU

It was love at first pose. From an early age, Mandy acted on her intuition that physical activity was a potent means of working through emotional challenges. It's no surprise that she immediately fell in love with yoga's graceful dance of breath and body when she first rolled out a mat in 2001. The sweetness of yoga and meditation have deepened through more than two decades of study and teaching. Mandy develops mindfulness and yoga experiences that systematically touch the physical, mental, emotional, energetic and spiritual dimensions of the human experience to support healing and integration. Mandy pairs yoga and breath work to enhance awakening the subtle layers of being, weaving in traditional Tantric imagery, mantra, and meditation. Through the practice of opening the body and mind with these tools, her sessions provide practitioners space to awaken to their vibrant stillness.



SAVAHNA SCHUHMACHER

Savahna, a culinary veteran with a lifetime of experience, brings expertise to our team. From her formal training in the heart of Italy and traveling as a chef abroad to years spent as an Executive Chef in Montana, she's honed her craft in diverse and demanding environments. This passion, combined with a deep love for the Orcas Island lifestyle—fueled by a shared family passion for sailing and the beauty of island living—led her to join us. Savahna's approach to catering is unique; she blends her culinary artistry with a commitment to wellness and sustainability. This means delectable, nourishing meals that reflect the vibrant bounty of the island and respect for its offerings. Savahna will create a culinary experience that perfectly complements your own Orcas Island experience and wellness journey.

What is Included?

WHAT'S INCLUDED:

- 3 nights' accommodation at Doe Bay Resort
- Daily locally sourced meals provided by local chef and artisan Savahna Schuhmacher
- Daily yoga and breathwork sessions
- Enneagram insights personalized report
- Outdoor soaking tubs and sauna
- Wellness and personal growth workshops
- Miles of trails, natural beauty, and oceanfront views
- Island excursions
- Connection

WHAT'S NOT INCLUDED:

- Airfare to/from SeaTac airport
- Transportation (ferry) to/from Orcas Island (however we can help coordinate)
- Travel insurance — highly recommended
- Additional activities — Massage, One-on-one coaching
- Doe Bay Shop sundries and personal gifts
- Optional 4th night at the resort. Contact us if you'd like to stay on Wednesday night.

Email us with questions:

Shelley Prosisé: shelley@findopenspaces.com

Dayna Dealy: daynadealy@gmail.com



www.findopenspaces.com

Accommodation Options



Boat House

Private deck, incredible views, large commercial kitchen with island seating, washer/dryer, 2 1/2 baths. Main house for meals and workshops. 2 King rooms available.



Suite 1: King bed, master bath with heated floors, waterfront views: \$3,300 - single occupancy or \$2800 each for double occupancy.



Suite 2: King bed, waterfront views : \$3,100 (single occupancy)



Accommodation Options

Pea Pod

Water views, covered patio, full open kitchen, full bath with shower. Named for offshore islets in the Rosario Strait that comprise part of the National Wildlife Refuge.



Bedroom 1: Queen bed:
\$2,500 (single occupancy)



Bedroom 2: Shared room with
double bed and twin bed: \$2,250
each

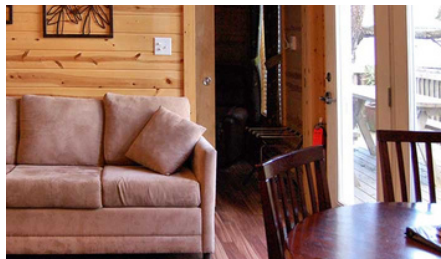
Accommodation Options

Hara House

This one-bedroom cabin features a queen bed in the bedroom and a queen futon in the living room. The microwave kitchenette, full bath with ADA-accessible shower, and large deck with a great water view make this a perfect spot for comfort and relaxation while enjoying the beauty of Doe Bay!



Bedroom 1: Queen bed:
\$2,500 (single occupancy)



**Living room with pull-out
coach/futon:** \$2,000

Accommodation Options



Retreat House

Main retreat house and gathering space, large deck and common areas, 1 private queen room, 2 shared rooms and multiple common area shared spaces. Full bathroom on main and 2nd floor.



Bedroom 1: Queen bed on main floor:
\$2,925 (single occupancy)



Bedroom 2 and 3: Upper floor shared rooms with individual double beds: \$2,250 each



Other House and Communal Area options may exist. Contact us for more information.