

Woodsy Woman Weekend

June 19 – 21, 2026

Welcome to the 7th Annual Woodsy Woman Weekend at Paradise Hills. We are delighted to invite you to an exclusive retreat that combines adventure, enrichment, and the exploration of the great outdoors—all designed exclusively for women.

Event Overview

This weekend retreat features three sessions, each lasting 2–3 hours, where you can try new activities and receive personalized instruction. Participation is offered on a first-come, first-served basis. To secure your spot, please submit your registration by **June 1, 2026**. Discounted lodging options are available for those wishing to extend their adventure.

Detailed Schedule

Friday Evening

- **6:30 p.m.:** Orientation and introductions at the lodge, including an icebreaker session to help everyone connect.
- Following the orientation, enjoy a relaxed evening to settle into your accommodations and prepare for the weekend ahead.

Saturday

- **8:30 a.m.:** Arrival at the lodge for instructions and orientation on the day's activities. Participants will be assigned group leaders and transported to activity locations.
- **Session I (9:00 a.m. – 12:00 p.m.)**
- **12:30 p.m.:** Boxed lunch served at the Bistro.
- **Session II (2:00 p.m. – 5:00 p.m.)**
- **6:30 p.m.:** Dinner at the Bistro followed by a bonfire.

Sunday

- **8:30 a.m.:** Please arrive at the lodge for the final session briefing.
 - **Session III (9:00 a.m. – 11:00 a.m.)**
 - After Session III, all participants will gather at the lodge for a farewell closing.
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Offered Sessions

- **Plant-Based Cooking Class:**
Develop essential cooking skills to prepare simple, delicious meals using only plant-based ingredients.
- **Outdoor Aerial Yoga:**
Engage in a 1.5-hour session covering breathing techniques, stretching, core strengthening, and various yoga poses.
- **Hiking the Appalachian Mountains:**
Join an experienced trail hiker and safety specialist for a guided two-hour hike. Learn about essential hiking equipment, hydration, and safety while exploring scenic off-trail spots.

- **Nature Photography:**
Enhance your photography skills under the guidance of a professional photographer. Learn about lighting, composition, and perspective—no prior experience required.
 - **Lake Kayaking:**
Explore the vast Lake Nottley (over 4,000 acres) with all equipment provided. (Limited to 5 participants.)
 - **Birding:**
Venture into nature to observe and identify local bird species. Bring your binoculars for an engaging and delightful experience.
 - **Painting:**
Relax and tap into your creativity during a guided painting session. All skill levels are welcome, and you'll take home your own masterpiece.
 - **Real-World Women's Self-Defense:**
Learn practical self-defense techniques designed to enhance personal safety, including strategies to avoid becoming a target and methods for effective defense if necessary.
 - **Horseback Riding:**
Enjoy a scenic trail ride through the Appalachian wilderness with a local stable, perfect for exploring nature on horseback.
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Registration Information

To register, please complete the enclosed registration form and submit it along with a non-refundable payment to:

Paradise Hills, Winery Resort & Spa

366 Paradise Rd.

Blairsville, GA 30512

Attn: Woodsy Woman

Electronic payment is available upon request (please call for a link).

Registration must be received by June 1, 2026. No exceptions will be made.

Final Details

When registration closes, a detailed itinerary and additional instructions will be emailed to all registered participants.

We look forward to sharing this exceptional weekend of adventure, learning, and meaningful connections.

Sincerely,

Ilke and Bob Lander