

Frequently Asked Questions

About the Retreat

What is The Simorgh Within Retreat?

The Simorgh Within is a women's retreat inspired by *the Seven Valleys on the path to Simorgh* from Attar's *Conference of the Birds*. Through nature, meditation, embodiment practices, community, and an *optional sacred journey experience*, participants are invited into a journey of healing, self-discovery, and remembrance.

Do I need to know anything about Sufism or Persian mysticism?

No. The retreat is designed to be accessible to everyone, regardless of spiritual background. The Seven Valleys simply provide a symbolic map for the inner journey.

Is this a religious retreat?

No. The retreat welcomes women of all spiritual, religious, and non-religious backgrounds. The framework is contemplative and experiential rather than dogmatic.

Is this retreat only for experienced meditators or spiritual practitioners?

Not at all. Women come with varying levels of experience. Curiosity, openness, and willingness are far more important than experience.

About the Sacred Journey

Is participation in the sacred journey required?

No. The sacred journey is entirely optional.

What can I expect during a sacred journey experience?

Experiences vary widely. Some participants encounter profound insight, emotional release, increased self-compassion, spiritual connection, creativity, or a sense of interconnectedness. Others may experience periods of uncertainty, grief, fear, or challenge. All experiences are welcomed and supported.

What if I have a difficult experience?

Difficult moments can arise and are often part of the healing process. Facilitators are present to provide support, grounding, and guidance throughout the journey.

What if nothing happens?

Every journey unfolds differently. Some experiences are dramatic; others are subtle. Meaningful insights often emerge during integration rather than during the medicine experience itself.

Will I lose control?

Most participants remain aware of who they are and where they are. While the experience may feel unfamiliar at times, you will be supported in a safe and intentional environment.

Safety & Screening

Is this retreat right for everyone?

No. A thorough screening process helps determine whether participation is appropriate and safe.

Are there medical conditions or medications that may prevent participation?

Certain medical conditions and medications may not be compatible with the sacred journey. All participants will complete screening and discuss relevant medical history before attending.

What if I have a history of anxiety, depression, or trauma?

Many women come seeking healing from these challenges. However, individual circumstances vary, and screening helps determine whether the retreat is an appropriate fit.

What safety measures are in place?

Participant safety is our highest priority. Screening, preparation sessions, experienced facilitators, clear protocols, and post-retreat integration support are all part of the retreat container.

Emotional Concerns

What if I cry?

Tears are welcome.

What if I feel vulnerable?

Many women arrive carrying burdens they rarely share. This retreat is designed to create a compassionate and supportive environment where vulnerability is honored.

What if I don't want to share in a group?

Sharing is always an invitation, never an obligation.

What if I'm more introverted?

There is ample time for solitude, reflection, and nature. Participation is encouraged but never forced.

What if I don't know anyone?

Most participants arrive alone.

What if I feel like I don't belong?

Many women worry about this before arriving. Often, one of the most meaningful aspects of the retreat is discovering how deeply connected we are beneath our differences.

What if I'm not "spiritual enough" for this retreat?

You do not need to be spiritual, experienced, healed, enlightened, or have everything figured out. You only need a willingness to show up as you are.

Community

Why is this retreat for women?

This retreat is designed to create a supportive space where women can gather, heal, reflect, and explore their inner lives together.

How many participants will attend?

To foster meaningful connection, individual attention, and a sense of intimacy, participation is limited to **15 seeker souls**. Our intention is to create a supportive and nurturing container where each participant feels seen, heard, and held throughout the journey.

Will there be opportunities for connection?

Yes. Community circles, shared meals, integration sessions, and group activities create opportunities for authentic connection and lasting friendships.

What is included in the retreat fee?

Your retreat investment includes:

- Three nights of accommodations
 - All plant-based meals, adaptogenic snacks, detox teas, and freshly pressed juices
 - Pre-retreat preparation sessions
 - Opening and closing ceremonies
 - Meditation, breathwork, yoga, embodiment, and integration programming
 - Optional sacred journey
 - Individual support during the retreat
 - Post-retreat integration sessions
 - A thoughtfully curated welcome package, including keepsakes and resources to support your journey
 - Access to the Simorgh Within community
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Are payment plans available?

Currently, payment plans are not available. Your registration is confirmed upon receipt of full payment.

As The Simorgh Within is an intimate retreat with limited spaces, full payment allows us to thoughtfully prepare accommodations, meals, and personalized support for each participant.

What is your cancellation policy?

Due to the intimate nature of this retreat and the advance commitments required for accommodations, staffing, meals, and retreat preparations, all registrations are final, and retreat fees are non-refundable.

Food & Dietary Needs

What kind of food will be served?

Meals throughout the retreat are thoughtfully prepared using **whole-food, plant-based, organic ingredients** whenever possible.

Our intention is to nourish the body in a way that feels grounding, vibrant, and supportive of the retreat experience. Participants can expect delicious, seasonal meals along with fresh juices, herbal teas, light snacks, and wholesome nourishment throughout the weekend.

Do I need to follow a plant-based diet to attend?

Not at all. Whether you follow a plant-based lifestyle or not, all participants are welcome. The retreat menu has been intentionally designed to support well-being, mindfulness, and the overall retreat experience.

Can dietary restrictions be accommodated?

Please let us know about any dietary restrictions, allergies, or food sensitivities during registration, and we will do our best to accommodate your needs.

Will there be enough food?

Yes. While our meals are plant-based, they are designed to be nourishing, satisfying, and abundant. Participants will enjoy wholesome breakfasts, lunches, dinners, snacks, teas, and fresh juices throughout the retreat. Our goal is for you to feel well-fed, supported, and cared for during your time with us.

Weather & What to Pack

What is the weather like in November?

The retreat takes place in the beautiful Hudson Valley region of New York, approximately 100 miles north of New York City.

Mid-November typically brings crisp autumn weather, with daytime temperatures often ranging from the upper 40s to mid-50s °F (8–13°C) and cooler evenings that may dip into the 30s and low 40s °F (0–5°C).

While many trees have shed their leaves by this time, the landscape offers a quiet beauty and an invitation to slow down, reflect, and connect with nature.

What should I pack?

We recommend bringing:

- Comfortable clothing for movement, meditation, and relaxation
- Warm layers for cool mornings and evenings
- A warm jacket or coat

- Comfortable walking shoes or hiking boots
- Cozy socks and indoor layers
- Journal and pen
- Water bottle
- Personal medications
- Any meaningful object you would like to place on the community altar (optional)

November weather in upstate New York can be unpredictable, so dressing in layers is highly recommended.

Practical Questions

Do I need previous experience with plant medicine?

No. Previous experience is not required.

Can dietary restrictions be accommodated?

Please let us know about any dietary restrictions during registration, and we will do our best to accommodate your needs.

Integration

What happens after the retreat?

Participants will be invited to attend two post-retreat integration sessions designed to help translate insights into meaningful and sustainable changes in daily life.

Why is integration important?

The retreat experience is only the beginning. Integration is the process of bringing the wisdom, healing, and insights from the journey into relationships, work, habits, and everyday living.

The Simorgh Within

Why is the retreat called "The Simorgh Within"?

In Attar's *Conference of the Birds*, thousands of birds embark on a pilgrimage seeking the mythical Simorgh. After crossing the Seven Valleys, they discover that what they sought was never separate from them.

The name reflects a central invitation of this retreat:

Many of us arrive seeking healing, wisdom, love, belonging, purpose, or connection.

Sometimes the greatest discovery is remembering that these qualities have been within us all along.

The journey of the birds becomes a mirror for our own journey—from seeking to remembering, from separation to belonging, and from searching outward to reconnecting with the Simorgh within.