

The Retreat Space

Welcome Video Transcript

Hi! I'm Quinn Corte. Welcome to The Retreat Space.

In case you hadn't noticed, we are living in a culture of manufactured urgency and scarcity. Disconnected from ourselves, each other, and the earth, most of us are perpetually struggling. No matter how much we give, it's never enough.

The Retreat Space is an invitation to take your body off the treadmill of productivity and self-improvement, and put your feet back on the earth.

We make space here for you to - pause - and breathe. Together we explore soulful self-care practices that are rooted in community, slowing down, checking in with our bodies, radical compassion, honoring the range of the human experience, and being curious and playful.

Most importantly, we are on this journey together.

As we deepen our ability to care for ourselves, our capacity to support others also expands. This is a trauma-informed, healing-oriented, anti-racist space that celebrates our uniqueness as individuals *and* the power of collective care.

We are so glad you are here. This is a community that is always open to new people and new ideas. Just like dreams, this space is collaborative and always evolving.

The best place to start is to sign up for our monthly email care package full of goodies--you can do that at the bottom of this page.

From there, you can dip your toe in and try something new in our self-care resource library, join an upcoming online community event, or immerse yourself in a course or retreat. Our events and courses are gentle and welcoming. We show up in our full humanity, celebrate each other, and laugh a lot.

We also have a wonderful blog archive, including a column for white allies called [Anti-Racism + Wellness](#).

We believe that access to healing and growth opportunities is a basic human right, not a privilege of the elite few. Thanks to our community's generous donations, we offer a ton of free content—including our monthly email care packages, our blog, and most of the content in our library. The rest of our events and offerings are priced on a shame-free sliding scale.

And finally, we love to hire talented healers and teachers to contribute their healing wisdom and expertise through events and courses. If that's you, please get in touch.

Thank you, and enjoy!