



Salons – Salons are workshops and retreats to help mature women entrepreneurs, women leaders and women reinventing themselves cultivate and sustain optimal bodymindspirit health and well-being. Each highly interactive Salon incorporates holistic health practices, expressive arts and sacred ritual to restore creativity, joy and peace of mind and generate practical solutions for sustainable transformation.

Altar Your Life with Spirit & Style - A Hands-On Experience

Learn to create and use an altar to focus and energize your dreams and desires. Experience how your own customized altar can support you in achieving tangible results and powerful changes in your life.

Live Your Purpose, Evolve Your Intentions

Release mental and material 'stuff' that keeps you frustrated and stuck. Discover your true purpose and develop your vocational destiny. Establish your intentions with clarity and focus. Create your manifestation map with accountability system. Live your true self.

Release Stress, Create Serenity – Simple Tools for Healthy Living

Learn stress release strategies and self-care practices to restore harmony and maintain peace for bodymindspirit health and well-being. Create a personal plan of action to apply your learning and receive resources for ongoing support to maintain healthy living practices.

Self Care, Pair Care

Finding Balance in Relationship

Learn and practice the art of taking good care of yourself first and foremost. You are better able to serve, empower and care for others, when you share your gifts from a deep reservoir of energy, compassion, joy and well-being.

Time to Create, Play and Have Fun

An Expressive Arts Experience

Reconnect with your innate creativity and revitalize your creative core. Experience individual and collective movement, music, role-play, free-writing, art-making and play to renew and invigorate body, mind and spirit.

Harriet Tubman Wright, MS, MA, Founding Director, The Wright Resort

<http://www.thewrightresort.com/salons.html> ♦ 510.639.0705 ♦ wrightresort2006@comcast.net