



FOR THE ONES

WHO DON'T FALL APART

A Weekend Online Learning Retreat
| March 21-22, 2026 | Google Meet |

to Remember You Don't Have to Hold It All Alone

FOR NATIVE AMERICAN “STRONG ONES” WHO:

- Are first to call when it's bad
- Hold everyone together
- Say “I'm fine” when you're not

You're not broken. You're over-used and under-held.
This weekend is a soft place to set some of it down.

WHAT WE'LL DO

- **Real relief in your body**

Simple practices to unclench your jaw, soften your gut, and stop sleeping like you're on watch.

- **Proof that your exhaustion makes sense**

We'll map your life on one page so you can see why you're wiped out—and stop blaming yourself.

- **Boundaries you can actually keep**

You'll leave with 2–3 clear sentences you can say to family, coworkers, and systems without your body going into panic.

- **A 30-day reset that fits your real life**

Tiny, doable steps (not 5 a.m. miracle routines) so you can keep caring for people without disappearing.

You do not have to tell your worst story to be welcome here.





EMAIL TO REGISTER:
casandrastouder@gmail.com

Weekend Virtual Agenda (MT – Arizona)

Day 1 – Saturday, March 21

- 10:00–11:30 AM – Your Body’s Truth
Finally listen to what your body’s been trying to say.
- 1:00–2:30 PM – Your Life on One Page
See clear proof why you’re this tired—without blaming yourself.
- 7:00–8:00 PM – Quiet Evening Circle
Be held, not needed. Camera-off welcome.

Day 2 – Sunday, March 22

- 10:00–11:30 AM – Boundaries You Can Keep
Practice saying “no more” in ways your body can handle.
- 1:00–2:30 PM – Your 30-Day Reset
Build a tiny, real plan that fits your actual life.
- 4:00–5:00 PM – Closing & Send-Off
Leave with words, practices, and next steps you can carry home.

Cost

\$50

Zelle

ApplePay

Venmo

