



Moms Can Finally Enjoy Some Time Off With This Canna-Curious Retreat Coming To The Hudson Valley

Mothers Are Encouraged To Take A Break From The Everyday Chaos And Immerse Themselves In An Exploration Of Cannabis As A Wellness Treatment

Hudson Valley, NY. August 3rd, 2023 - If you're looking for the ultimate recharge involving nature, cannabis, and like-minded people, then look no further than [moodRXtreats](#) - the ultimate cannabis retreat company that offers cannabis connoisseurs, newbies and those dabbling their toes in exploring cannabis, a variety of cannabis-infused getaways in recreationally legal states. Ideal for women of all ages, but especially for mothers, these experiences offer an open-minded atmosphere far away from the everyday hustle.

MoodRXtreat's mission is to give women who are typically unrepresented in merch, products, and communities, a chance to feel connected to others. They are filling the void of female-focused cannabis retreats in the world and providing a judgment-free escape to those craving a plant-loving community including the family's cornerstone, moms.

This unique retreat aims to provide a safe and supportive environment for mothers to relax, unwind, and prioritize their mental health. moodRXtreats recognizes the significant impact that cannabis can have on mental health and aims to destigmatize its usage through this retreat. By blending the calming effects of cannabis with meditation, yoga, and other wellness activities, mothers can discover a holistic approach to self-care that promotes relief from the stress and demands of motherhood that can take a toll on a woman's overall wellbeing.

The next cannabis retreat will take place in the serene Hudson Valley Region of New York, aiming to be the ultimate getaway for ladies who want to hang out in a safe space with judgment-free people. Enabling relaxation and productivity, the retreat can also be the perfect gift for a plant-loving mother or a treat for yourself.

Each 3-day retreat will include:

- 3-night stay at a beautiful locale

- Journaling, Pilgrim Soul Coloring, Healing Sound Bath, Contrast Therapy, Private Tarot Readings and karaoke!
- An in-House Chef preparing breakfast, lunch and dinner + snacks and infused mocktail pairings. Each meal will include food infused with terpenes and full spectrum CBD to enhance the day
- A mood bar that will include flowers, prerolls, edibles, terpene shots, carts and disposable vape pens from sponsored brands such as **Hudson Cannabis, 1906 Cannabis, Drink CQ, Oh Lavinia, Aperture Brands** and **KIVA**.
- Daily discussions led by founder Holly Teegarden around responsible ways to enjoy and benefit from cannabis as well how to infuse your meals with your favorite plant

The next retreat will take place August 18-20, nestled within a luxury waterfront escape that looks over Hudson Valley. Upon arrival, attendees will be greeted with an infused mocktail to start the weekend right, prepared by in-house chef Jaclyn Miller. There will be time to get to know the other women and enjoy the relaxing amenities, such as the private beach, Spa and Zen Spa Room. Activities will include a relaxing sound bath on the first night to help those unwind and prepare for the weekend ahead, contrast therapy on Saturday morning, as well as “water olympics” using the luxurious pool, private tarot readings and karaoke night - which even boasts its own stage within the property! The weekend will finish on Sunday with a sunrise meditation. All activities have been personally curated by moodRXtreat’s in-house ‘Head of Woo-Woo’, AJ Williams - who is a renowned spiritual wellness educator, advisor and speaker, intuitive astrologer, tarot consultant, and author.

Located 2 ½ hours from New York City, 3 hours from Boston and 30 minutes from Albany, this retreat is the perfect getaway from the busy city life to truly relax in a safe space with like-minded women. Before heading back to the real world, the ladies will get to enjoy a final delicious breakfast with fellow retreaters, but don’t worry, the fun doesn’t have to stop there - each retreat will have its own private space on the Geneva app so everyone can continue connecting with the women they met during the retreat.

Each retreat costs \$900-\$1200, which can be paid one time or in three payments. For more information, please visit www.moodrxtreats.com.

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About moodRXtreat

MoodRXtreat is founded by Holly Teegarden, a cannabis entrepreneur, marketing, and digital enthusiast. Alongside Chef Jaci, the plant-loving pair are tired of the stigma around cannabis and are looking for some new friends. This new concept allows people to combine their love of travel and food with RX (our friendly Cannabis plant).

Find them on social media:

<https://www.instagram.com/themoodrxtreats/>

<https://www.facebook.com/moodRXtreats>

[linkedin.com/company/MoodRXtreats](https://www.linkedin.com/company/MoodRXtreats)

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