

2026 Heart Mom's Coastal Retreat Weekend- Monterey – FAQ

A joyful, beachy weekend away to rest, laugh, create, and connect with other heart moms who truly understand.

What to expect?

Step away from appointments, responsibilities, and the “always on” mindset. This retreat is all about fun, friendship, and filling your cup, near the ocean.

What are the details? Weekend Highlights include:

- ♥ Art & crafts session (relaxed, no experience needed)
- ♥ Beach walk and coastal fresh-air reset
- ♥ Storm the hot tub downtime
- ♥ Hotel campfire conversations under the stars
- ♥ Coastal photo shoot (because heart moms deserve to be seen)
- ♥ Benihana's dinner for a fun night out
- ♥ Lunch on your own at the pier (shop, wander, chowder, views!)

The vibe? Cozy, coastal, playful, real connections, and lots of laughter.

Can I come for the day and not stay overnight? No. Our negotiated hotel contract requires a minimum number of overnight attendees, and the meals and meeting space costs are bundled into the full weekend package. This retreat is designed to be a true getaway — and that means unplugging and staying on-site.

Is the registration cost refundable? No. Registration fees are non-refundable.

How do I request someone to room with? On the registration form, enter the name of the person you'd like to room with. We will do our very best to match requests, but roommate requests are not guaranteed. What we *do* guarantee: a relaxing, welcoming weekend.

Is parking included? Yes! Parking is included for every registered attendee.

Are all meals included? All meals are included except lunch on Saturday, which will be on your own.

Is dinner at Benihana required? Yes — and it's included in your registration cost. Your choice of chicken, shrimp, or beef teppanyaki is included with fried rice, vegetables, and a non-alcoholic beverage.

Are we going to the beach? Yes! We'll spend time together at the beach and take lots of fun photos.