



2198 Sweet Root Rd., Bedford, PA 15522



nourishandmoveggh.com



(412) 206-9837



A WEEKEND TO RESTORE,
RECONNECT, AND RETURN
TO YOURSELF.

We planned a relaxing and
rejuvenating weekend
retreat at the historic
Bedford Springs Resort in
Spring 2026! This weekend
will include yoga, hiking, spa
time, sound healing,
acupuncture, community
connection, and more.

BEDFORD SPRINGS RETREAT SPRING 2026

Movement ✦ Stillness ✦ Soul

ABOUT THIS TRIP

 MARCH 27-29, 2026

 BEDFORD, PA

Escape to the serene mountains of Bedford, Pennsylvania for a rejuvenating weekend retreat at the historic Omni Bedford Springs Resort. Nestled amid lush forests and mineral springs, this weekend is designed to nourish your body, calm your mind, and restore your spirit. Experience daily yoga and meditation, holistic wellness offerings, nature walks, and mindful connection - all set within the resort's tranquil landscape and luxurious spa environment.

Let this be your invitation to slow down, breathe deeply, and return home to yourself.



WHY CHOOSE US?

At Nourish & Move Wellness Studio, we believe true wellness begins with connection - to yourself, your body, and nature.

Our retreats are thoughtfully curated to blend movement, mindfulness, and meaningful rests, guiding you toward balance and renewal.

You'll be guided by experienced instructors and holistic practitioners who cultivate a welcoming, heart-centered environment. Whether you come solo, with a friend, or as part of your wellness journey, this experience is a chance to unplug, unwind, and reconnect to your inner rhythm.



WHAT'S INCLUDED WHAT'S INCLUDED WHAT'S INCLUDED

✓ 2 Nights Accomodations	We'll all stay at The Omni Bedford Springs Resort & Spa.
✓ Breakfast + Lunch	Nourishing, fresh meals each day; guests are welcome to explore the resort's restaurants for dinner.
✓ Access to Resort Amenities	Enjoy the pools, trails, tennis course, golf course, outdoor and indoor activities, and the historic property grounds during your stay.
✓ Welcome Gathering	Enjoy refreshing mocktails, herbal teas, and an opening intention ceremony to connect and set the tone for the weekend.
✓ Retreat Gift Package	Each attendee will receive a Nourish & Move bag, Manduka yoga mat, journal, and pen to support mindfulness, movement, and reflection throughout this weekend.



✓ Daily Yoga + Meditation	Morning and evening practices designed to ground, strengthen, and renew your body and mind.
✓ Hike + Outdoor Yoga	A guided nature hike followed by a scenic flow among the mountains on Saturday morning.
✓ Acupuncture + Sound Healing Session	A deeply restorative group experience balancing energy and releasing tension on arrival night.
✓ Workshop + Educational Event	Learn holistic tools and insights for cultivating wellness beyond the mat.
✓ Yoga Nidra Ceremony	Saturday night guided rest and integration through yogic sleep meditation.
✓ Closing Ceremony	A reflective and heartfelt gathering before lunch and departure to seal your experience in gratitude.





Double Deluxe

Designed for shared occupancy (two guests per room). Features elegant decor and all the comforts of a refined mountain retreat.

Ideal for friends, family or partners joining the retreat together.



ACCOMMODATIONS

Your stay at the Omni Bedford Springs Resort offers the perfect balance of luxury, comfort, and historic charm. Each guest room is elegantly designed to provide a serene space for rest and renewal, featuring plush bedding, natural light, and modern amenities surrounded by the peaceful beauty of the Allegheny Mountains.

All accommodations include access to the resort's amenities. Spa access is not included in retreat pricing and must be booked separately through the resort.

Upgrades
Available!



Single Deluxe

Ideal for solo travelers seeking a private, restful experience. Enjoy a cozy seating area and a peaceful atmosphere to unwind between retreat activities.

Perfect for those craving quiet reflection and personal rejuvenation.



PACKAGES + ADD-ONS

Double: Deluxe

Double occupancy. Share this room with a friend, partner or family member. To book this room, roomies book separately and must pay the \$500 per person deposit. You must send an email of your roommates full name to about@nourishandmovepgh.com after checkout. No random roomies for this room type.

\$2,400

Deposit: \$1000

Single: Deluxe

Ahh. Alone time. Stay solo in the Deluxe Room.

\$1,500

Deposit: \$500

Resort View + Porch Upgrade

+\$150

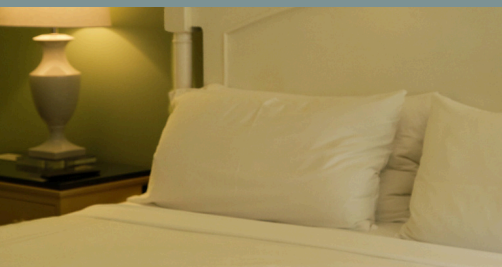
This upgrade offers the perfect place to sip your morning coffee/tea or unwind at sunset.

Luxury Spa King + Porch Upgrade

+\$450

This upgrade offers an elevated comfort and tranquility. Featuring a spacious layout that invites deep relaxation and rejuvenation.

If you are interested in upgrading your experience, please email: about@nourishandmovepgh.com



Bedford Bath Ritual

Enjoy the Bedford Bath Ritual without a treatment for \$80 per person, plus the 20% service charge (limited availability).

Spa Day + Treatment

Spa treatments and services must be booked directly through Omni Bedford Springs Resort. The resort offers a wide variety of luxurious treatments - from massages and facials to nail, hair care and holistic therapies. We highly recommend reserving your spa experience 6-8 weeks in advance to ensure availability during your stay.

Explore the full Springs Eternal Spa Brochure and Price List here:

[View Spa Brochure](#)

[View Spa Menu Pricing](#)

Prices + Payment

The price of your retreat depends on the type of room you book. To guarantee your reservation, pay your \$500 non-refundable deposit to secure your spot. This trip will SELL OUT.

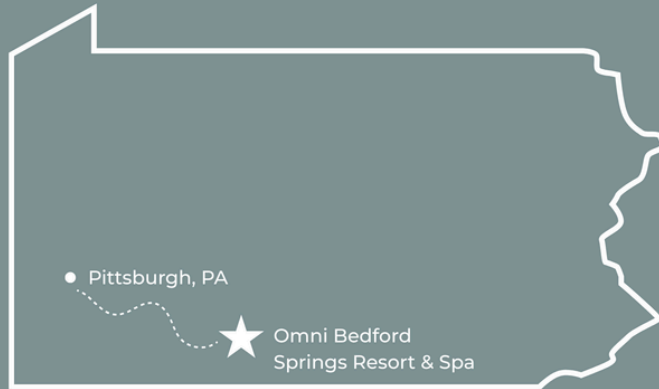
Upon signing up, you'll be setup with two additional payment installments, dividing the remaining balance of your cost into halves. The first is due by January, 31, 2026 and the final payment to bring your total balance paid up to 100% of the total cost is due by March 1, 2026. You are welcome to pay your balance in full prior to that at any time.

All registration and payments must be made through our safe and secure Wellness Living.

Refunds + Cancellations

You must read and agree to the Terms + Conditions which includes information regarding refunds and cancellations before booking. If you have any questions, please contact us at about@nourishandmovepgh.com

TRAVEL INFORMATION



Resort Address:

Omni Bedford Springs Resort & Spa
2198 Sweet Root Road, Bedford, PA 15522

Getting there from Pittsburgh, PA:

The Omni Bedford Springs Resort is approximately 2 hours southeast of Pittsburgh (around 100 miles).

Parking is complimentary.

Driving Directions:

Take I-76 E (Pennsylvania Turnpike) toward Bedford.

Continue for approximately 100 miles and take Exit 146 - Bedford.

After the toll, keep right, follow signs for Bedford and merge onto Business 220 S.

Follow signs for Omni Bedford Springs Resort until you turn left onto Sweet Root Road.

Destination will be on the right.

Google Maps Link:

[Google Map Directions](#)



WHAT TO BRING WHAT TO BRING WHAT TO BRING WHAT TO BRING

Before You Arrive

Take a few moments before your retreat to set an intention for what you'd like to release or invite into your life. Consider journaling on what "rest", "connection", or "renewal" means to you.

Be sure to confirm your spa appointments (if applicable), and check the forecast for Bedford, PA, to pack accordingly. The mountain air can be cool in the mornings and evenings - cozy layers are encouraged!

Arrival Tips

Check-In: 1:00 PM at Omni Bedford Springs Resort

Welcome Gathering: 4:00 PM - join us for mocktails, tea, and our opening intention ceremony.

Parking: Complimentary self-parking available on-site.

Mindset for the Weekend

This retreat is a space to slow down, reconnect, and rediscover yourself.

Come with curiosity. Release expectation. Allow nature, movement, and stillness to guide you home.

Prepare for a weekend of renewal, movement, and mindful rest. We recommend bringing:

- ☐ Comfortable yoga attire
- ☐ Swimsuit
- ☐ Walking or hiking shoes
- ☐ Casual, comfortable clothing
- ☐ Warm layers
- ☐ Water Bottle + Travel Mug
- ☐ Any personal wellness items
- ☒ A curious and open heart

RESERVE YOUR SPOT

Single Deluxe

Click Here: [Direct Booking_\(Single Deluxe\)](#).



Double Deluxe

Click Here: [Direct Booking_\(Double Deluxe\)](#).



NOURISH & MOVE
WELLNESS STUDIO