

Spring Retreat

March 13 - 15
Scottsdale, Arizona

FRIDAY 13, 2026

Afternoon

- Guest Check-in
12:00PM - 5:00PM
- Hoda's Welcome
6:00PM - 6:30PM

Evening

- Dinner
6:30PM - 8:00PM
- Intention Setting Ceremony
8:00PM - 8:10PM
- A Mini Concert with Walker Hayes
8:20PM - 8:50PM

SATURDAY 14, 2026

Morning

- Sunrise Movement: Yoga, Walk, or Hike
7:00AM - 8:00AM
- Breakfast
8:00AM - 9:00AM
- Conversation with Elle Macpherson
9:15AM - 10:00AM
- Guided Breathwork for Release
10:15AM - 11:00AM
- Reset Workshops: Journaling or Energy Reset
10:15AM - 11:00AM
- Guided Breathwork for Release
11:15AM - 12:00AM
- Reset Workshops: Guided Visualization or Sound Bath
11:15AM - 12:00PM
- Break / Personal Time
12:00PM - 12:15PM

Afternoon

- Lunch
12:15PM - 1:45PM
- Conversation with Dr. Stephanie Moore
1:15PM - 1:45PM
- Reset Workshops: Journaling, Energy Reset, or Sound Bath
2:00PM - 2:45PM
- The Future of Skin Health with Dr. Dennis Gross and Josie Maran
3:00PM - 3:45PM
- Break / Personal Time
4:00PM - 5:30PM

Evening

- Walk or Shuttle to Dinner
5:30PM - 7:30PM
- Cocktail Reception and Conversation with Stephanie Ruhle and Maria Shriver
6:30PM - 7:00PM
- Dinner
7:15PM - 8:45PM
- DJ Set and Dancing
8:45PM - 10:00PM

SUNDAY 15, 2026

Morning

- Sunrise Activities: Breathwork, Walk, or Hike
7:00AM - 8:00AM
- Farewell Brunch & Reflection
8:00AM - 9:30AM
- Hoda's Closing Circle
9:30AM - 10:00AM
- Guest Check Out
11:00AM