

Clear Eyes, Full Hearts

A Nature-based Wellness Retreat









December 4–7, 2026
Bastrop, Texas (just outside Austin)

Co-hosted by:

Erica Carvalho Dietrich
Sarah Hummel

267 626 9122

hello@gaiaspacewellness.com

www.gaiaspacewellness.com



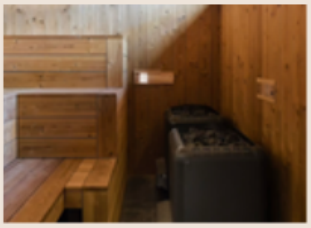
Escape into 54 acres of Texas beauty for a transformative four-day experience of connection, healing, creativity, and deep restoration.

Your Retreat Sanctuary

Nestled among rolling Texas grasslands, Serana offers an elevated wellness experience featuring:



Saltwater Pools



Sauna & Cold Plunge



Premium Gym & Movement Space



Indoor Chef's Kitchen



Outdoor Kitchen & Dining Areas



Beautiful Gathering Spaces



Miles of Nature Trails



50+ Acres of Boundless Beauty

The ranch accommodates just 16 guests, creating an intimate atmosphere for authentic connection and lasting friendships. Housing consists of shared rooms in private campinas and cabins. All meals are included.

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A Weekend Designed for Deep Restoration



Immerse yourself in a thoughtfully curated weekend of healing, connection, and restoration, guided by experienced practitioners in a supportive and intimate community.

What You'll Experience

Gather with an intimate community for a weekend filled with:



About your hosts

Erica Carvalho Dietrich is a massage therapist and energy practitioner with over a decade of experience guiding clients toward deeper physical and spiritual wellness. She is passionate about creating healing space rooted in both clinical skill and ancestral wisdom. Her healing path has taken her to extensive immersive learning in Peru, to study Andean energy medicine. This rare combination of Western bodywork and Andean/Incan spiritual practice forms the foundation of her work.

Sarah Hummel is a massage therapist, sound healing practitioner, breathworker and Sauna Master. Her work focuses on helping women listen to their bodies so they can live from a place of self-trust, pleasure and awareness. She offers nurturing experiences through Somatic Bodywork, Guided Breathwork, Sound Healing & Sauna Rituals. She is passionate about guiding women to come home to themselves through the power of intentional slowing down and listening inward.

We are so honored to co-host this retreat, bringing together 15 years of friendship backed by over two decades of combined expertise in bodywork, energy medicine, and sound as pathways to restoration.

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Drop In Passes

Want to join us but can’t get away for the whole retreat? We have you covered!

One-Day Pass: Choose Saturday or Sunday
Two-Day Pass: Saturday and Sunday

Spend the day with us at the ranch for breathwork, somatic movement and deep rest, and learn ancient Andean practices for clearing heavy energy and reconnecting with nature and yourself. Then go home and sleep in your own bed. You'll still get the heart of the experience, on a schedule that works for your life.

Every pass includes lunch, all sessions, the pool and the sauna

Spots are limited, so reach out to save yours.

One-Day Pass: $275 · Two-Day Pass: $500

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Self-care Investment

Choose the accommodation that best suits you, reserve your space early for special pricing, and simply arrive ready to rest, reconnect, and be cared for.

Shared King/Queen Bed

Stay in a shared room with a king or queen bed. **$1,250** or **Early Bird: $1,050** when booked by September 22.





Single Room

A single-room accommodation for your retreat stay. **$1,650** or Early Bird: **$1,450** when booked by September 22.





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