

Group Retreats vs. Personal Self-Led Retreats

The word retreat can mean many different things. Some retreats bring people together for a shared experience, while others offer the opportunity to spend intentional time alone. Neither approach is better than the other—they simply serve different purposes. Understanding the difference can help you choose the experience that's right for you.

Group Retreats

A group retreat is typically organized around a specific theme or activity. It may include yoga, wellness, spirituality, creativity, fitness, leadership, or personal development. Participants follow a planned schedule that often includes workshops, meals, excursions, and group discussions led by a facilitator.



Group retreats can be a wonderful choice if you're looking to learn a new skill, connect with like-minded people, or enjoy the energy and support that comes from a shared experience. The structure is already in place, making it easy to simply arrive and participate.

Personal Self-Led Retreats

A personal self-led retreat is intentionally different. Instead of following someone else's itinerary, you create an experience that reflects your own needs, interests, and pace. There are no scheduled activities unless you choose them. No group conversations. No pressure to socialize. The time is yours to shape.

One day may include journaling on a quiet balcony, a long walk through nature, and dinner overlooking the water. Another may involve exploring a charming bookstore, visiting a museum, enjoying an afternoon at the spa, or simply relaxing with a book and an early bedtime. The focus isn't on doing more—it's on creating space for whatever your mind, body, and soul may be craving.

Which One Is Right for You?

The answer depends on what you're hoping to gain from your time away. If you're seeking community, expert instruction, accountability, or a shared experience, a group retreat may be exactly what you need. If you're craving solitude, flexibility, quiet reflection, or the freedom to spend your days however feels most restorative, a personal self-led retreat may be a better fit.

Many women discover they enjoy both at different times in their lives. There may be seasons when learning alongside others feels energizing, and other seasons when the greatest gift is simply having the time and space to hear your own thoughts again.

At The Soul Retreat Space, we support helping women design meaningful personal self-led retreats—experiences that are thoughtfully planned yet completely their own. Whether you need space for rest & renewal, creativity and inspiration, or fun and adventure, a personal retreat can be just what you need to jump start your next chapter with more joy, clarity and connection.