



ROCAS RETREAT

Healing in Nature



Healing In Nature at Rocas Retreat

Rocas Retreat is the perfect location for holding your next retreat! Come be nurtured and supported by our 15 acres of pristine and peaceful land, expansive facilities, exquisite lodging, delicious food, and caring staff.

Founded by Brenda and Nikki in the fall of 2021, Rocas Retreat was born from the desire to create a healing and loving space where everyone is welcome. We have hosted over 70 retreats and events, spanning a variety of modalities in the health and wellness space. Our facilities can accommodate groups of up to 25, complete with meeting and activity spaces, overnight accommodations, and private chef and catering options. We invite you to Heal in Nature and experience all that Rocas Retreat has to offer.

We are delighted to discuss the available options and pricing for us to host your next event.

Location and Facilities

Rocas Retreat is located in north San Diego County, 30 minutes south of Temecula. While within easy driving distance of San Diego, Orange County, Los Angeles, and Palm Springs, you will feel like you've been transported to the hills of Italy or France! Our property includes the following facilities.





UPPER ROOM

Upstairs, enclosed space for meetings, movement, activities, meditation, and more. The room size is 42' x 22', can comfortably accommodate up to 25 people, and comes complete with A/C and heat. The space can be set up and decorated according to your desired style, theme, and needs.



The downstairs area includes a bathroom and infrared sauna, as well as two adjoining guest rooms with a shared bathroom. These guest rooms (Rocas 1 and 2) or our Winery are often used for facilitator accommodations.



EVENT & DINING TENT

Our Event Tent is available for use as an activity and/or dining space. Its dimensions are 20 feet by 40 feet and it can accommodate up to 25 guests. Similar to the Upper Room, the area can be set up and decorated according to your needs, including centerpieces for dining and display tables, covered chairs, and custom lighting.





LARGE EVENT TENT

Our expansive 40x80 ft. event tent can comfortably host up to 200 guests. This versatile space is perfect for weddings, milestone celebrations, corporate retreats, wellness events, and more.

Whether you're planning a soulful ceremony or a multi-day retreat, our tented space provides the ideal canvas to bring your vision to life.





COMPASS DECK WITH FIRE & WATER FEATURE

Our custom-built, circular deck boasts stunning views and a calming stone fountain, surrounded by a cozy and inviting gas firepit. This space can be used for outdoor yoga, dancing, movement, ceremonies, or meditation. Adirondack chairs are also commonly placed around the fire feature for roasting of smores, enjoying tea, having conversations, or just taking in the views and elements.





MEDITATION AREAS & WALKING TRAILS

Meditation Areas – We invite you to relax in one of our peaceful and specially curated spaces situated throughout the property, where you can sit, meditate, read, rest, or reflect.

Walking Trails – Explore our sacred grounds on the many walking trails available throughout and around the property.



AMENITIES & ACTIVITIES





TREE SWING & GOAT BARN

Rocas Tree Swing – Fancy a little exhilaration?! Awaken and delight your inner child by hopping on our Rocas Swing, while admiring the beautiful surroundings.

Rocas Goat Barn – Come visit the Rocas Goats at the Barn! Every one of our five goats has a unique and loveable personality. They love to be fed, groomed and played with. If you're lucky, you can accompany Kathy to take our gorgeous goats on a morning or evening walk!



POOL, HOT TUB, & INFRARED SAUNA

Pool & Hot Tub – Swim or soak depending on the season! Enjoy the fun, exercise, or relaxation in our pool, or let your cares melt away as you immerse yourself in our bubbling hot tub – both perched on a hilltop surrounded by plants and nature.

Infrared Sauna – Reduce toxins and revitalize yourself from the inside out as you enjoy all the benefits of our infrared sauna.



ACCOMMODATIONS



Rocas Retreat offers a variety of lodging options ranging from yurts to a wine cellar converted into a chic flat. Your guests can choose the accommodations that reflect their taste, comfort, and pocketbook. We offer both single and double-occupancy options. In some situations, we can also offer triple or quadruple occupancy.

Occupancy Options

- Single Occupancy options: up to 10 single occupancy spaces
- Double Occupancy options: up to 13 double occupancy spaces
- Triple Occupancy options: up to 6 triple occupancy spaces
- Quadruple Occupancy options: up to 3 quadruple occupancy spaces

Beds Available

- Twin beds: 8
- Double beds: 2
- Queen beds: 8
- King beds: 3

Building / Space	Description	Max Occup.
Cottage • King room (385 Sq ft) • Queen room (140 Sq ft) • 2 Bathrooms • Full Kitchen • Dining Room • Living Room	Two bedroom, two bathroom (one shower, one tub) standalone structure. Bedrooms consist of one large king room with closets and en-suite bathroom, and one smaller queen room with closet space and small desk area. Bathroom entry is in the living area. Full kitchen, dining room (seats up to 4) and small living room with an electric fireplace and TV. Can add one twin rollaway bed. Includes AC and heating. Front porch has two rocking chairs and an adjacent water fountain and lawn area.	5
Ranch House • Queen room (180 Sq ft) • 2 Doubles room (175 Sq ft) • 2 Twins room (140 Sq ft) • Murphy bed • 2 Bathrooms • Full Kitchen	Three bedroom, two bathroom home. The double and twin bed rooms adjoin but the door between rooms can be locked. Murphy bed is located in a nook in the common area. Two bathrooms (one shower, one tub) to be shared. Full kitchen with center island table and medium dining room table (seats up to 5-6), living room and lounge area with an electric fireplace. Includes AC and space heaters. Outside seating area with views.	8
Winery • King room • One Bathroom • Kitchen • Dining Room • 640 Sq ft + 240 Sq ft patio	Standalone structure with living space on the ground level and common area space downstairs (formerly a wine cellar). One bedroom, one bathroom (shower) with a separate entrance to the bedroom. Kitchen has a sink, fridge, convection microwave/oven but no stove. Hot plate can be provided. Twin bed located in a loft part of the bedroom (accessible via ladder. Downstairs cellar area can be used for dinner or lounge area. Facilitators may also use the space to accommodate another bed or two for facilitators only (not retreat guests). Outside patio area with a beautiful view, complete with lounge chairs and a picnic table and bench.	5
Tiny House • Queen bed in loft • Couch converts to double • Bathroom • Mini kitchen • 160 Sq ft	One double bed (converts from a couch and has a comfy top-cover), one queen bed accessible via ladder. Main floor has a bathroom (small shower and sink + toilet), small desk, and kitchen area including a small fridge, microwave, sink. Includes A/C and heating. Also offers a porch area with seating.	2

Building / Space	Description	Max Occup.
Yurts • Queen bed, or • Two twins, or • Two Queens • 13 feet; 133 Sq ft	Comfy yurt can include either one or two beds (twin or queen), depending on guest preference. Space includes a chair, lamp, bedside table, and rugged flooring. Two showers and two toilets are within a short walk.	2-3 ppl per yurt
Rocas Suites • One King room (240 Sq ft) • Two Twin room (260 Sq ft) • One Bathroom (55 Sq ft)	Newly remodeled one-bedroom suites with an adjoining bathroom (shower). Rocas 1 has a king bed, a small dining area, and a mini kitchen with a small fridge and microwave. Rocas 2 has two twin beds. Both rooms have TVs and climate control (heat and air). Rooms are located beneath the Upper Room, where events and activities are held. There is an additional toilet located just next to the rooms, which can be used by guests. You may bring in one twin rollaway bed as needed.	2 guests per room (possibility for up to 5 people, including rollaway)
Boho Trailer • One Queen bed • Couch converts to a double bed • Bathroom • Kitchen • 224 Sq ft	Recently remodeled mobile trailer has a queen bed, kitchen, dining room/hang out space, and bathroom with a mini tub and shower combo. The couch in the dining area converts to a sleeping area if desired.	2



SERVICES & SUPPORT





Rocas Retreat provides support for most aspects of preparing for your event. Exceptions may apply for instances where a stage, specialty lighting, and sound equipment, additional tent setup, or other custom services are required. We're happy to discuss what we can offer.

Services and Support

- Catering services, including options for dietary restrictions.
- Event planning and coordination services.
- Technical support for AV equipment and setup.
- On-site staff or event concierge to assist with logistics.

Setup & Breakdown

Rocas Retreat provides setup and breakdown for most events. This includes a customized setup of the Upper Room meeting/activity space and the Event Tent and Dining Tent according to the Facilitators' preferences, The Wine Cellar Room (downstairs from the Winery living space) can also be designed and decorated based on the Facilitators' wishes. Additional decorating and design services fees may apply depending on the desired customization extent.

Audio-Visual

We provide a high-quality JBL Bluetooth speaker, along with two, smaller and easily moveable Bluetooth speakers. The JBL speaker does not pair with the smaller speakers. The two small speakers pair with each other. We also have a projector that can be hooked up to a computer, phone, or tablet.

Please contact us with your needs so we can determine if you need to bring any additional cables for the projector. We have a journeyman-style microphone that can be hooked up to a speaker via the auxiliary port.

Food & Beverage Services

Food & Beverage Services – We can arrange for one of our private chefs to prepare all meals for your event. Pricing varies depending on the food selection and number of event attendees. We will set up a consultation to understand your needs and preferences, including any dietary preferences or restrictions. Pricing typically ranges from \$75–\$150 per person, per day. We can also recommend restaurants that provide catering or delivery services. Facilitators may also bring their own chefs to prepare meals.

Meals are typically prepared in the kitchen of our Main House (which is not a structure separately available to rent for events, only for meal prep). Meals may also be prepared in the Ranch House but Facilitators should be mindful that the Ranch House is generally used for lodging guests and having the food prep in that space may not be ideal depending on the structure of your event. Dishwashing services and food running are generally included in the overall food costs.

Meals are generally served in the Event Tent area. Heaters are provided during the winter months. Food stations and seating areas can be configured according to Facilitators' preferences. The decor can also be customized for an additional charge.

Coffee and tea service is provided for a daily fee. Note that we do not have a liquor license and therefore do not serve or sell liquor on our property.

Speciality Practioners

Specialty Practitioners – Upon request, we can assist you with securing practitioners for the following services:

- **Massage**
- **Reiki**
- **Sound Baths**
- **Breathwork**
- **Yoga**
- **Kundalini**



ACCESSIBILITY & TRANSPORTATION



Location

Rocas Retreat is the place your soul has been calling for. Disconnect to reconnect and heal in nature while you soak up the sights, sounds, and smells of our 15 pristine acres nestled in the hills of Northern San Diego County, just minutes from Temecula, north of San Diego. Come experience all that Rocas Retreat has to offer while you connect with the most important person in the world... YOU!

Transportation

We do not currently offer transportation services to or from the property. Facilitators and guests are encouraged to drive their own car, rent a car, or use a car service such as Uber or Lyft. Note that our location is somewhat remote and, at times, it can take a while to schedule a pick-up from the property. Fares typically range between \$80-\$110 each way from San Diego airport (SAN) and starting around \$100 from Orange County airport (SNA).

Parking

There is plenty of parking onsite. Guests will be directed to parking spaces that are as close as possible to their accommodations. If necessary, we can transport guests to and from their cars to their accommodations via golf carts.

Getting Around The Property

There are a few options when moving around the property, However, we recommend not driving cars on the property once you have parked. Golf carts are operated by Rocas Retreat staff only and are available to get you to and from your destinations, or you are invited to walk.





Nearby Resources



Dixon Lake & Other Hiking Options

Dixon Lake is a beautiful hiking option around a lake that is a short 30 min. drive away in Escondido. There are a lot of other hiking options within a short drive away. Ask us for a recommendation or explore the options on Google Maps.

Grocery Shopping

The nearest grocery store is Lilac Foods in Valley Center, about 20 minutes away. There are many other options in Temecula, Escondido, and along Highway 76 – all of which are about 35 minutes away.

The Yellow Deli: 5-7 mins away

A cute Deli offering sandwiches, salads & and breakfast, plus a juice bar mixing up smoothies and other drinks with many offerings for all meals. *NOTE. Check their hours on Google Maps since hours can vary.

Portino's: 5-7 mins away

We recommend Portino's for their great Italian food and large portions. Located in Valley Center, the short drive is justified for this amazing option for your Italian food cravings!

Soak Up Some Sun

The beach is only about 50 minutes away in Oceanside! The rest of San Diego's beaches are found by driving to I-5 on Highway 76 and many are around an hour from our property!

**Need other recommendations? We are here to help!
Just ask and we can help you find what you are looking for!**

Hospitals & Emergency Services

Nearest Hospital:

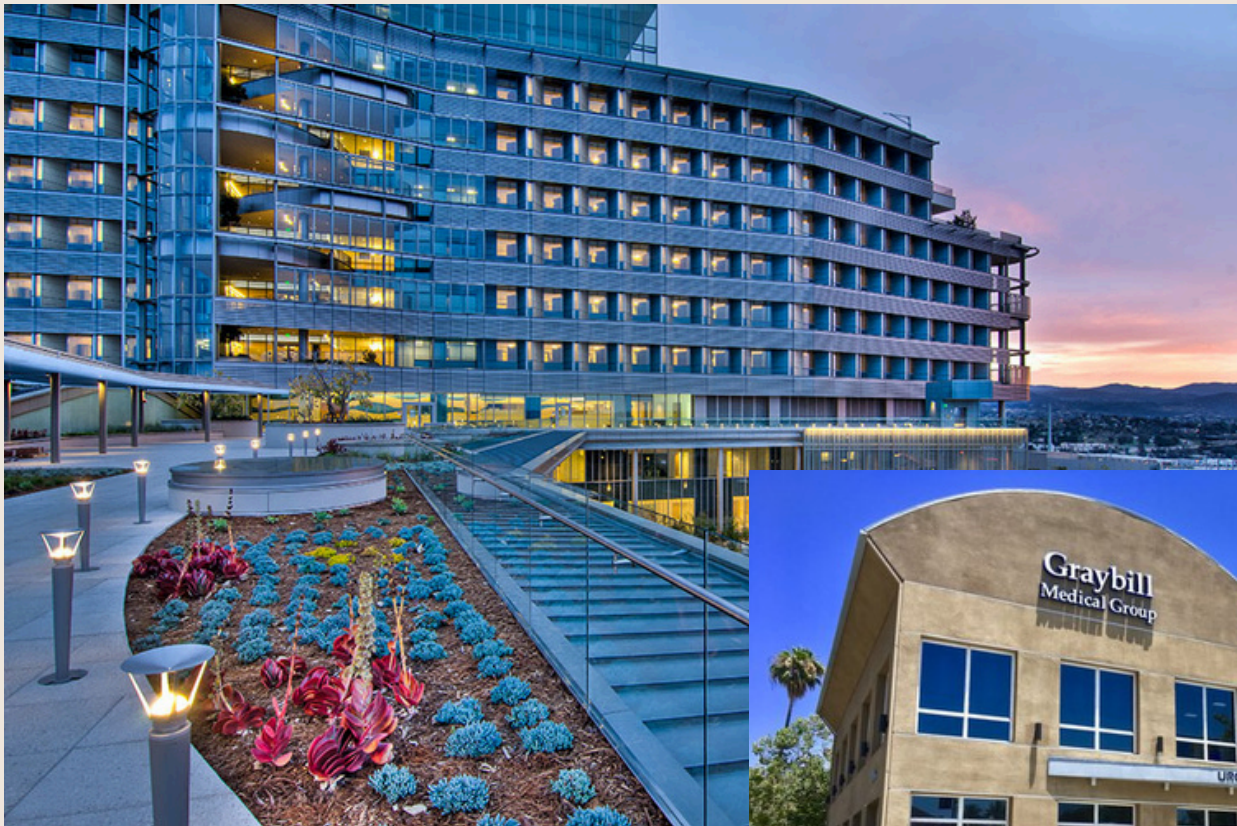
Palomar Medical Center Escondido

Address: 2185 Citracado Parkway,
Escondido, CA 92029

Nearest Urgent Care:

Palomar Health Medical Group – Graybill Urgent Care

Address: 225 E 2nd Ave, Escondido, CA 92025



ALL-ACCESS RETREAT RATE SHEET

Duration	Standard Rate	Repeat Facilitator Rate
Hourly rate (2 hour min)	\$225/hour	\$175/hour
Up to 8 Hours	\$1,300	\$1,100
Up to 12 Hours	\$1,800	\$1,500
1 Day, 1 Night (up to 24 hrs)	\$2,000	\$1,800
2 Days, 1 Night (up to 36 hrs)	\$2,400	\$2,100
3 Days, 2 Nights	\$3,300	\$2,900
4 Days, 3 Nights	\$4,200	\$3,700
5 Days, 4 Nights	\$5,000	\$4,500
> 5 Days	Negotiable	Negotiable

The above rates include access to all the facilities and related amenities, including pool, hot tub, infrared sauna, and fire pit. Lodging and food are quoted separately and pricing varies based on accommodations and food and beverage options selected. Nightly rates for lodging range from \$75 to \$289 per person, per night, depending on the selected room and occupancy. Daily food and beverage costs generally range from \$75 to \$150 per person, per day for a private chef. Minimums may apply.