

EVERYONE DESERVES TO FEEL CONFIDENT

Skyterra Embrace focuses on total body, mind and lifestyle to help young women move into adulthood with purpose. The program incorporates five pillars of wellness in a supportive, therapeutic environment

Embrace students focus on improving health, and on learning strategies to find purpose and live the life they are meant to live.



Skyterra Embrace: A therapeutic program for young women

At Skyterra Embrace we know that you want to be independent. In order to do that, you need to reset. The problem is life is overwhelming, which creates a feeling of "stuck."

We believe everyone deserves to feel confident. We understand it can be hard to find direction, which is why we have an expert team with more than 30 years of therapeutic program experience specializing in the transition to adulthood.



skyterra embrace 

SKYTERRA EMBRACE

A therapeutic program that uses wellness to guide young adult women toward adulthood with purpose



Your future is our mission.

Embrace students increase their confidence in and understanding of all areas of wellness. They leave with a commitment to themselves and their success, having made a forever change to their lives.



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FIND INDEPENDENCE

BUILD CONFIDENCE

DISCOVER YOURSELF

www.skyterraembrace.com

MOUNTAIN TOP CAMPUS

The 12-acre Embrace campus includes walking trails, a kitchen, dining area, bedrooms and living spaces, apartments, a sun deck, balconies with expansive views, a community room, and yoga and gym spaces. The surrounding Blue Ridge Mountains offer peace and serenity.



"After my time at Embrace, I am more secure in who I am, in my relationships with other people, in my abilities, and in the things that I hope to do in life."
-- Libby, Embrace graduate

Life is overwhelming, which creates a feeling of "stuck"

Embrace experts work with students to mitigate conditions like depression, anxiety, technology addiction and enmeshment trauma. You'll learn to apply confidence-boosting tools as you explore life skills, stress management, movement, and nutrition/culinary skills.



An expert team with more than 30 years of experience

The skilled team at Skyterra Embrace has more than 30 years of therapeutic program experience specializing in the transition to adulthood. Gain confidence, find purpose, live the life you were meant to live.



1

45+ classes per week in a supportive, therapeutic environment

Daily and weekly classes include nutrition education, life skills, morning walks and a student huddle to reflect, journal and share gratitude.

2

Individualized programming

Weekly private therapy, personal training, nutrition consultations and personal planning sessions ensure the execution of individual goals.

3

Accountability throughout your stay

Students are held accountable by their individually assigned coach. Regularly scheduled mental health check-ins take place and a small staff-to-student ratio provides ideal oversight. Student participation trackers measure program progress and biweekly reports are shared with parents.

Built on the foundation of a nationally awarded program

Skyterra Embrace is a holistic, specialized therapeutic program specifically for young adult women, ages 18-29. While located on its own campus, Embrace is part of Skyterra Wellness, a nationally recognized retreat, ranked as one of *USA Today's* top three wellness retreats in the country for the past four years.

www.skyterraembrace.com

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