

“
I didn't know I
could feel this
confident.
”

Morgan

Skyterra Young Adult
guest



@skyterraYoungAdult



@skyterra_YA



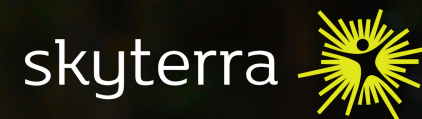
Skyterra Young Adult



@skyterra_YA

Contact us:

1-828-800-9584
skyterraYA.com



Skyterra Young Adult

Located in the Blue Ridge Mountains
Pisgah Forest, North Carolina

Find independence
Build confidence
Discover you.

1-828-800-9584
skyterraYA.com

A wellness retreat to help young adults reset.

At Skyterra Young Adult we know you want to be healthy and independent. In order to do that, you need to feel better. The problem is that attempts to succeed have failed you, which leaves you feeling stuck.

We believe everyone deserves to feel better. We understand that life can be challenging, which is why we have an expert team of Licensed Clinicians, Registered Dietitians, Certified Fitness Instructors and Executive Chefs that specialize in young adult wellness.



- Empowering movement classes and restorative yoga and meditation
- Chef-prepared and dietitian-approved delicious meals
- Therapist-led life skills and stress management classes
- Private therapy, personal training, nutrition consultations, and personal planning sessions
- Enriching and educational small-group talks and lectures
- Guided hiking, nature walks, and year-round seasonal outdoor activities.



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Jump-start change, build new habits, and improve your health.

At Skyterra Young Adult, you'll learn how to make a real difference in your life by demonstrating healthy and sustainable lifestyle changes.

While onsite, you'll take steps to heal your mind, body and spirit in a supportive, therapeutic environment through our program's five pillars of wellness.

Our intent is to help you improve your wellness, learn the skills and mindset to launch successfully into adulthood, and maintain your progress long after you leave.

