

## [Con Smania] Create Captions for Social posts

### Photos / Reels to captions:

1. Walking in Con Smania Property

[https://drive.google.com/file/d/1jIKQGLj62AgJjoKb2qZry6jDhue2y\\_Ph/view?usp=share\\_link](https://drive.google.com/file/d/1jIKQGLj62AgJjoKb2qZry6jDhue2y_Ph/view?usp=share_link)

Caption:

Walking through the Con Smania CR property feels like awakening to a new life. As your guests pass through, they will breathe in the crisp, fresh air, hear the call of the abundant plant life, and know they are exactly where they belong.

Healing begins with the first step on the path of restoration. Healing begins at Con Smania CR.

Start planning your retreat today. Link in bio.

2. Con Smania Pool



Caption:

Did you know that water has healing properties? It soothes physical, spiritual, and emotional ailments.

The Con Smania CR pool seeks to create a beauty and calm that aids in the healing and restoration of your guests. Surrounded by the abundant plant life that fills the property, they can take a dip into a new beginning.

What special moments will your guests experience around the Con Smania CR pool? Start planning your retreat now and find out: [link] link in bio

3. Squirrel in Con Smania



Caption:

The native animal life at Con Smania CR roams freely throughout the property. Watching them in their natural habitat brings a sense of calming and security.

We believe in the cohesiveness of nature. Experiencing the beauty of the natural leads to peace within the soul. Every area of Con Smania CR was intricately designed to enhance the native life and draw our guests closer to the seamless connections of life, nature, and healing.

Join us here. Watch the squirrels scurry from tree to tree. Smell the growth of plants and new life. Embrace the natural world and embrace restoration.

#### 4. fresh flowers in vase



Caption:

Bringing the outdoors in has been shown to increase peace and tranquility to any indoor space. We bring flowers to the sick because they promote healing and encourage the senses to spark.

At Con Smania CR, our outdoor life is so abundant that finding beauty to adorn our indoor spaces is simple. We believe it's important to bring as much natural restorative energy to the indoors as there is without.

When you hold your retreat at Con Smania CR, you'll love the indoor spaces replete with fresh flowers and other natural features. Plan your retreat today... [\[link\]](#) link in bio.

#### 5. Turquoise-browed motmot



Caption:

The beauty of Con Smania CR is present in every detail of the property. The Turquoise-browed Motmot is a gorgeous native bird adorned with the most amazing feathers. When walking the trails along Con Smania CR, you can see the Motmot fly with an array of color.

The natural life at the retreat center is a calling; a calling for us to enter into the peace of nature.

#### 6. Beautiful nature in con smania



Caption:

#### 7. Fresh Con Smania Meal



Caption:

At Con Smania CR, we always serve fresh, whole foods that are nourishing for the body and the soul. When you host your retreat at our refuge, you have access to our chef and our menu, giving you a soul-nourishing addition for your event.

We believe that restoration includes the whole self; body, mind, and soul. This is why we always place a focus on fresh foods and nourishment.

Enjoy meals made right in our kitchen, with foods freshly grown at Con Smania CR. [\[link\]](#) Link in Bio

#### 8. Jungle geranium



Caption:

One of the most incredible things about Con Smania CR is the striking colors existing around the property. The abundant plant life is full of the beauty and tranquility encompassing our retreat center.

The Jungle Geranium grows in abundance, with deep colors and dark foliage, creating a seamless aesthetic. Walk the property to get a firsthand look at the colors, the sacred spaces, and the overall relaxing environment of Con Smania CR.

Take your retreat guests on a tour through the plant life of Con Smania CR. [\[link\]](#) Link in bio.

#### 9. Another friendly Dog in Con Smania

<https://drive.google.com/file/d/1j5SGFxA5gPtxPlwZThJ3hdKHXtpl-QWX/view?usp=sharing>

Caption:

Con Smania CR is a place of comfort for both people and animal. There is a tangible tranquility that creates a welcoming, home-like feel, drawing in all who need support and relaxation.

Our property is home to many beautiful creatures, including friendly and lovable dogs. They spend their days engulfed in the peace that Con Smania CR has to offer. They welcome and love on all of our guests, helping everyone who visits to feel at ease.

This beautiful pup can support your guests during your retreat. Book your retreat today [link]  
Link in bio

#### 10. Con Smania Unit Nine – Mariposa



Caption:

Every space at Con Smania CR is a sacred space. Healing properties are abundant throughout the retreat center, providing a special place for your guests to find restoration.

We really love unit nine, named Mariposa. Mariposa means Butterfly. The name sets the tone for the space, reminiscent of gentleness and a light, soft flight. Here your guests can relax and find the support they need for their journey.

Book Mariposa for your retreat [link] Link in bio.

#### 11. Beautiful Hibiscus



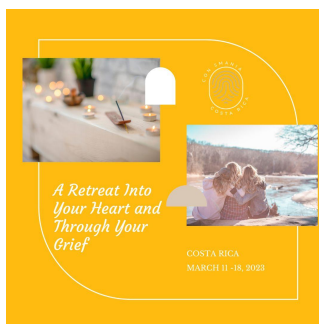
Caption:

Hibiscus is another native plant at Con Smania CR. It is a beautiful plant that sings the song of tranquility and gives off a simple, calming vibration.

As you experience the property at our retreat center, keep an eye out for this genteel plant.

## 12. A Retreat Into Your Heart and Through Your Grief

<https://cathleenelle.com/step/retreat-into-your-heart/>



Caption:

Come to Con Smania CR March 11-18 for this special retreat, Living and Loving After Sudden Loss of a Child. Honor your child by finding the tools to live fully and lighten the weight of your grief.

The retreat, led by Cathleen Elle, will help parents find a community of support who are navigating the delicate waters of grief. Con Smania CR is the most transformativ place for a healing retreat of this nature, with its comfortable, soothing environment and abundant tranquility.

Learn more about Living and Loving After Sudden Loss of a Child retreat.

[[cathleenelle.com/step/retreat-into-your-heart](https://cathleenelle.com/step/retreat-into-your-heart/)] Link in Bio

## 13. Con Smania Units Four and Five – Estrella and Sol



Caption:

Step into another world when you step into Con Smania CR. Every space is connected with the abundant wildlife outside, promoting comfort and relaxation. It's exactly what any whole self retreat needs.

In units four and five, Estrella and Sol, guests will experience a deep connection with the natural world. We have designed every unit to be a sacred space, promoting healing, restoration, and wholeness.

Your retreat guests will love staying in Estrella or Sol. They will find it easy to breathe again.

Book units 4 and 5 for your retreat... [LINK] link in bio.

14. Mastering Retreat <https://consmaniacr.com/step/mastering-retreats-feb-2023/>



Caption:

At Con Smania CR, we're hosting a retreat just for you. The Mastering Retreats event will take place February 25- March 4 and has been created for people looking to host their own retreats at Con Smania CR.

Experience Con Smania CR from the eyes of a retreat guest. Enjoy everything that your guests will enjoy during your soul-soothing, life-changing retreat. Learn all about what it takes to host



your retreat at Con Smania CR and find the support you need to take the next step and make your event happen.

Register for the Mastering Retreats event [[consmaniacr.com/step/mastering-retreats-feb-2023](https://consmaniacr.com/step/mastering-retreats-feb-2023)] link in bio

### 15 Connect Retreat

<https://sovereignmindsllc.com/step/connect-mind-body-soul/>



At Con Smania CR, we promote connection, beauty, and restoration. That's why we're so excited that the Connect Retreat will be held at our tranquil location.

This retreat will be a chance to step away from your day to day, to slow down, to rest, and to find a deep level of internal peace. You'll learn to be still, to release, and to embrace the next phase of your life.

Join us March 22-29 at Con Smania CR to find transformation and beauty.  
[[sovereignmindsllc.com/step/connect-mind-body-soul](https://sovereignmindsllc.com/step/connect-mind-body-soul/)] Link in bio

IMPORTANT: This written material has been prepared based on sources which you provided. Neither Flocksy or the creative who wrote the copy make any claims whatsoever as to the accuracy of the information contained within, and they are not responsible for any legal or financial difficulty resulting from the use of this written material. We encourage you to review it thoroughly before disseminating it or using it in trade.

### SOURCES USED:

<https://docs.google.com/document/d/1nJOyUm0y-XoUrJTVM4u3UZbljJ8wh8MPMBCVUDZuXpk/edit#>