

## Retreat Activities

### (Extended List)

Each Guest Stay includes a welcome briefing (one hour), visit with the SOWW President or Executive Director (fifteen minute), Visiting Chef Dinner (two hours), and Exit Interview (one hour). To make your stay more enjoyable, we offer a choice of over 65 different complementary activities for our guests through partnerships with local companies, service providers, and organizations to make your stay more enjoyable and beneficial.

### On-site Activities

- Art Therapy
- Bocce Ball
- Cake Baking and Decorating
- [Canine Therapy](#)
- [Japanese Tenkara Fly Fishing](#) Lessons and Fishing (April-September)
- Make Up and Hand Pampering
- 1 Hour Massages
- [Operation Ancestor Search](#) — Learn How to Find Your Family History — 2 Hours
- Professional Photo Session and Printing Rights for Pictures
- Painting - canvas, pottery, cookies, etc.
- Special Visitor
  - Spiritual Support visit with representative from a local non-denominational church or of your faith?
  - Life Coach
  - Vietnam Veteran
- [Yoga Instruction](#)

### Off-site Activities (Family Friendly)

#### Animals

- Horseback Riding Lesson - [Unbridled Joy Therapeutic Riding Center](#) — Bealton, VA (year round)
- [Leesburg Animal Park](#) — Leesburg, VA (seasonal)

#### Community

- Worship Services
- Fine Arts Performances - [Hylton Center for Performing Arts](#), Manassas, VA

#### Hiking

- [Bull Run Mountain Conservancy](#) — Haymarket, VA
- [Manassas National Battlefield Park](#) — Manassas, VA

## History

- [Aldie Mill](#) — Aldie, VA
- [Chapman's Mill](#) — Broad Run, VA
- [Freedom Museum](#) — Manassas, VA
- [Manassas National Battlefield Park Tour](#) — Manassas, VA

## Tailored to Children

### Kid-Centric( find different title)

- [Bounce Mania](#) — Gainesville, VA
- [Jump-N-Jimmy's](#) — Haymarket, VA
- [JNJ Battlequest](#) — Gainesville, VA

## Sports

- Indoor basketball and batting cages, [Ball-istic Sports Training & Fitness](#) — Manassas
- In-pool Scuba Diving Experience (Certified Divers Only) — [Coral Edge Adventures](#)
- Golf -
  - [Elite Indoor Golf](#) — Manassas, VA
  - Miniature Golf [Broad Run Golf & Practice Facility](#) — Bristow, VA (seasonal)
- [Potomac Nationals Baseball Game](#) — Woodbridge, VA (seasonal)
- Swimming — [Freedom Center](#), Manassas, VA (year round)
- Local High School Sports Games

## Tours

- Antique Car Restoration Facility Tour, [White Post Restorations](#) — White Post, VA
- FAA Control Tower Tour — Manassas Regional Airport, Manassas, VA
- [Fairfax County Fire Department International Search and Rescue Team](#) Tour — Chantilly, VA
- [Fire Station Tour](#) — Haymarket, VA
- Helicopter Tour — [American Helicopters](#) — Manassas, VA
- [International Urban Search and Rescue Training Facility](#) (VA-TF1) Tour — Lorton, VA
- [National Sporting Library & Museum Tour](#) — Middleburg, VA
- [National Weather Service Forecast Office Tour](#) — Sterling, VA
- [National Weather Service Field Support Center Tour](#) — Sterling, VA
- [State Arboretum of Virginia Tour](#) — Boyce, VA (seasonal)

## Offsite Activities (Not Recommended for Children Under 12)

- [Cold War Museum](#) — Vint Hill, VA
- Crime Lab Tour, [Northern Virginia Crime Lab](#) — Manassas, VA
- Micro-brewery tour, [Tin Cannon Brewing Co](#) — Gainesville, VA
- [National Firearms Museum](#) — Fairfax, VA
- Shooting Range — [Golden Seal Enterprises](#), Winchester VA
- Wine tours and tastings:
  - [The Winery at La Grange](#) — Haymarket, VA
  - [Quatro Goombas](#) — Aldie, VA