the *Haus of H*

A RETREAT FOR QUEER LIBERATION

Fruits of *Freedom.*

Two weeks off the coast of Thailand where heteronormative blueprints come undone and you remember what you want.

FEBRUARY 14 · 28 · 2027

A space we build, before the Haus has walls.

The Haus of H is a queer-led nonprofit building intergenerational care infrastructure for queer people across every stage of life. Each retreat we run is a working prototype of the long-term home we are putting on the ground.

This is the field guide to one of those prototypes. Read it the way you would read an invitation. It tells you what the week is, who it is for, how it is held, and what you will be choosing into.

Fruits of Freedom is the annual gathering. Queer-only. Held off the coast of Thailand on a private island. The guests bring themselves. We bring the people, the rhythm, the structure, and the room.

If, by the last page, the pull is there, we will already be partway through the conversation. From there, the next step is a fifteen-minute fit call and a reserved seat.

If you feel the pull, there is a place for you here.

Isn't it a little strange, that most queer people learn how to be in queer relationships *from straight people.*

That does not make sense. And yet, it is the blueprint most of us were given. So we try to build intimacy, connection, and partnership using models that were never designed for us.

What that often looks like is repeating the same relationship with a different face each time. The chemistry. The intensity. Someone who seems fully available. Then slowly, it shifts. Emotional unavailability. Disconnection. The dawning realization that you were never met in the way you thought you were.

> *Most queer people over 30 are not struggling because they don't know what they want. They are struggling because they have been trying to fit what they want into a framework that does not support it.*

A space to *see clearly*.

Fruits of Freedom exists to take you out of the loop. To create the conditions where queer people can step outside of inherited models and begin to see what is actually theirs and what was just inherited. The retreat is built for one job: to make seeing possible.

01 What have I been taught to want?

02 What do I really desire?

03 What am I ready to choose instead?

WHAT HAPPENS WHEN YOU SEE IT

The same sentence, said three different ways.

ON PERFORMANCE

"I thought I wanted a partner. What I wanted was validation."

ON THE SCRIPT

"I thought I wanted a relationship. What I really wanted was intimacy outside of sex."

ON STRUCTURE

"I thought I wanted monogamy. What I needed was accountability."

Until you can see that clearly, you keep recreating the same dynamic.

HOW THE WORK HAPPENS

In connection. *Never alone.*

01

Small group spaces

Consistent, structured pods that build real connection across the week.

02

Facilitated workshops

Grounded in psychological and relational work. Not performance. Applied awareness.

03

Trained facilitators

Many with mental health backgrounds. Holding the container so you can stop holding yourself.

04

Integration time

Space to land what you see. Not just stimulation. Not back-to-back programming.

Roughly ten participants per group. Same group all week.
Real continuity, not strangers cycling through.

THE ENVIRONMENT

Off the coast of *Thailand.*

The journey is part of the *design.*

From the moment you land, the week is held. You are met, transported, and welcomed across the water to the place where the work begins.

Step 01	Land in Thailand	Fly into Thailand. The retreat begins the moment you step off the plane.
Step 02	Meet at the airport	A Haus of H host meets you in the terminal and transports the group together to the harbor.
Step 03	Cross by private longtail boat	A chartered longtail boat carries the group across the water to the island. No public transfers.
Step 04	Arrive on the island	A secluded beachfront property surrounded by limestone coastline, open sky, and warm Andaman waters.

A DAY IN THE CONTAINER

Depth, exploration, and *rest.*

Morning	**Optional yoga + grounding** Slow movement on the beach to wake the body and settle the nervous system before the day begins.
After breakfast	**Small-group integration circle** Daily check-in with a facilitator in a consistent pod of about ten people. Built so nothing is processed alone.
Mid-day	**Workshop or guided experience** Embodiment, emotional processing, identity, relational dynamics. Applied work, not lecture content.
Afternoon	**Excursion, rest, or ocean time** Some days carry excursions into nearby islands, temples, and the surrounding coastline. Others leave room for the week to integrate.
Late afternoon	**Embodied practice or reflection** A second workshop session or guided practice that meets the rhythm of where the group has arrived.
Evening	**Dinner + informal connection** Communal meal as the social container of the day. Honest conversation, not performed bonding.

Held by people trained to *hold.*

Fruits of Freedom is staffed by a team that combines clinical training, somatic expertise, and lived retreat experience, so the work is exploratory and responsibly facilitated at every step.

01

Licensed mental health professionals

Clinicians on-site so emotional material is supported by people trained for it.

02

Somatic facilitators

Body-based practitioners who guide embodiment work and nervous-system regulation.

03

Experienced retreat guides

Veterans of multi-day retreat containers who hold logistics, pacing, and group culture.

04

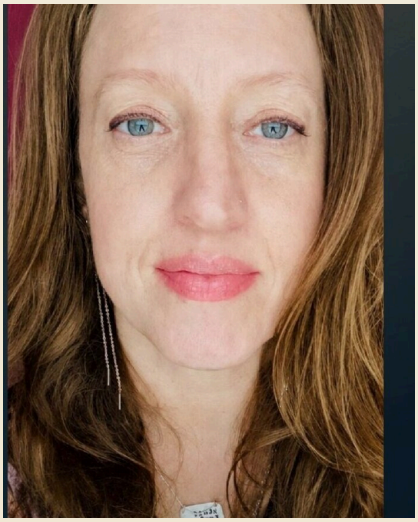
Daily small-group check-ins

Ten-person pods, same group all week. Real continuity. You are seen across the arc.

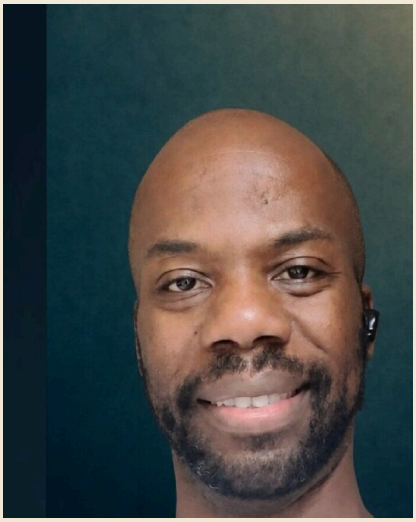
The people *holding the room.*

Mental-health clinicians, somatic practitioners, and community elders. Each brings a different lens to the week.

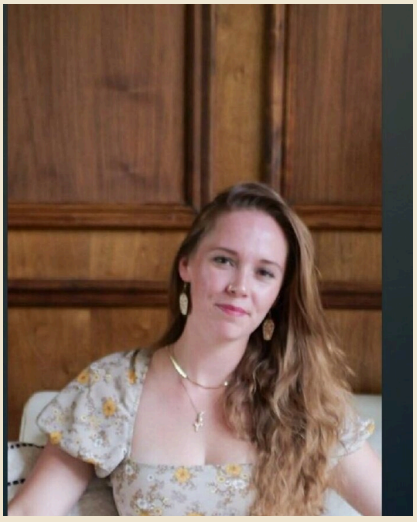
Anthony R. Vario
LICSW



Marla Ben-Tov
LMFT · REAT

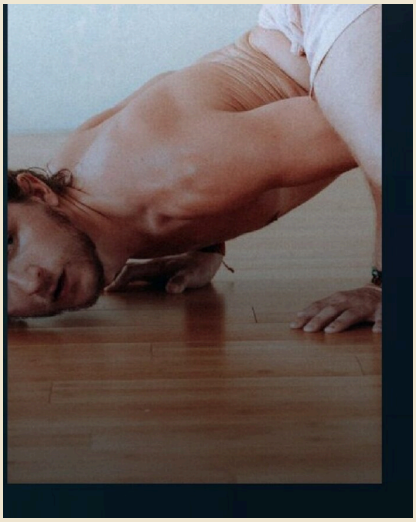


Eshan Lacoste
LADC

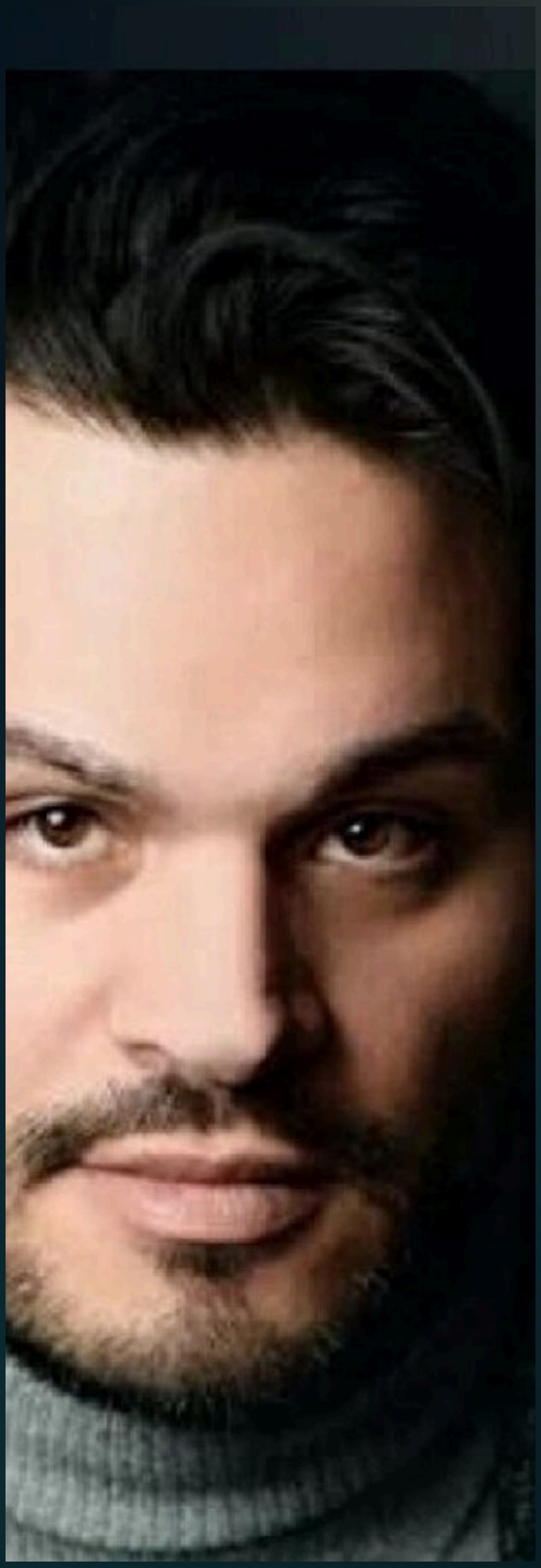


Cat Chadwick
SOMATIC · SPIRITUAL
Fruits of Freedom

Kai Foxworth
INNER BALANCE GUIDE



Hoku
YOGA TEACHER



Anthony R. *Vario.*

LICENSED INDEPENDENT CLINICAL SOCIAL WORKER

Anthony is a clinician, writer, and longtime student of the emotional complexity of being human. His work focuses on helping people move beyond the roles and stories they unconsciously adopt in response to disappointment, grief, and life's inevitable uncertainties.

His clinical approach integrates experiential therapy methods such as AEDP and Internal Family Systems with values-based perspectives drawn from ACT and contemplative traditions.

As a queer clinician, Anthony brings warmth, humor, and emotional clarity to the spaces he facilitates. His workshops combine storytelling, guided reflection, and philosophical insight to create conversations that are honest, challenging, and deeply human.

WORKSHOP 01

Failure in the Inferno.

Inspired by themes from Dante's Inferno, this workshop explores how stories of failure form and how they can be re-examined with greater awareness and compassion. Through writing, guided reflection, and group conversation, participants explore how these narratives once served as protection but now limit possibility.

WORKSHOP 02

It's Not the Way I Want It.

Disappointment is one of the most common and least examined human experiences. This session invites participants to examine how expectations shape emotional reactions, and how disappointment can illuminate personal values, attachments, and hopes.

Marla *Ben-Tov.*

LMFT · REAT

Marla is a Licensed Marriage and Family Therapist, expressive arts practitioner, and trauma-informed breathwork facilitator with more than two decades of experience supporting emotional healing and creative expression.

Her work bridges traditional psychotherapy with somatic and expressive practices, integrating breathwork, movement, sound, and ritual to support the body's natural capacity for transformation. As the founder of The Ritual Within, Marla creates experiences that encourage people to reconnect with intuition, imagination, and emotional authenticity.

She believes that healing is not something imposed from outside. It emerges when people are given the right conditions of safety, curiosity, and creative expression.

WORKSHOP 01

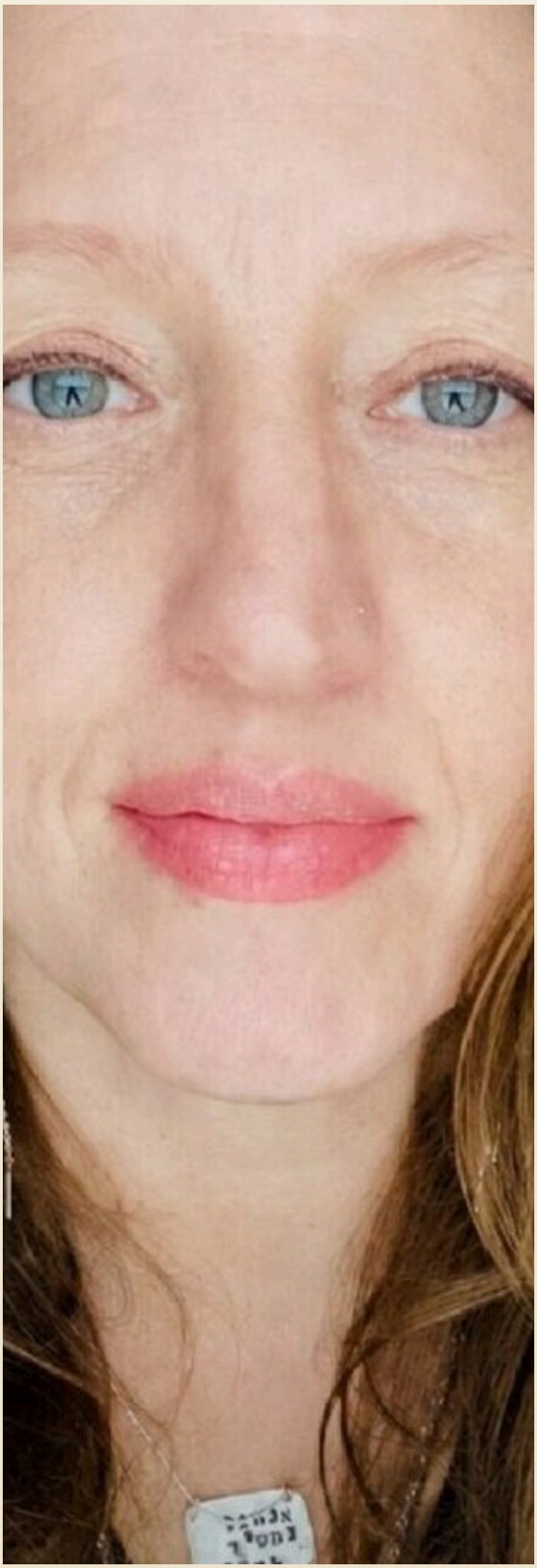
Reclaiming the Inner Child.

Early messages about identity, gender roles, and emotional expression often shape how people move through adulthood. This workshop invites participants to revisit the inner child with curiosity and creativity through playful exercises, journaling, and expressive art practices.

WORKSHOP 02

Big Pussy Energy.

This workshop explores feminine power as a grounded, embodied, and magnetic presence that exists within people of all genders. Through breathwork, expressive movement, and elements of belly dance, participants explore what it means to inhabit the body with confidence, sensuality, and creative vitality.



Eshan *Lacoste.*

LICENSED DRUG & ALCOHOL COUNSELOR

Eshan is a Vermont Licensed Drug and Alcohol Counselor and master's-level clinician with more than twenty years of experience in mental health and substance use treatment. Originally from Haiti and raised in the United States, he brings a culturally responsive and integrative approach.

His training includes EMDR, CBT, DBT, Motivational Interviewing, and psychodynamic psychotherapy. He has worked across community mental health programs, substance use treatment services, and correctional settings.

Beyond clinical work, Eshan facilitates retreats and workshops for BIPOC queer communities. His work is grounded in compassion, accountability, and the belief that meaningful healing happens through both connection and self-understanding.

WORKSHOP 01

The Architecture of Connection.

An immersive workshop that brings attachment theory out of textbooks and into lived experience. Blending psychology, nervous-system education, and somatic awareness, the workshop introduces the four primary attachment styles and examines how they shape relational habits.

WORKSHOP 02

Connecting with Power Animals.

An experiential workshop introducing participants to the practice of shamanic journeying through rhythmic drumming and guided meditation. A respectful, grounded introduction to animal allies as personal sources of guidance and energetic support.

Cat *Chadwick.*

SOMATIC TEACHER · SPIRITUAL PRACTITIONER

Cat is a somatic teacher, spiritual practitioner, and facilitator with a background in mental health and more than a decade of professional experience supporting individuals through emotional and spiritual growth. Her work centers on helping people reconnect with their bodies, intuition, and personal sense of meaning.

Drawing from somatic awareness, trauma-informed perspectives, and intuitive practice, Cat creates spaces where curiosity and reflection are welcomed. She is particularly interested in how grief, spirituality, and identity intersect.

Her facilitation style emphasizes presence, honesty, and compassion. Rather than offering rigid answers or frameworks, she invites participants to explore their own experience and discover what feels authentic.

WORKSHOP 01

Grief, Holding What We Carry.

Grief rarely appears in only one form. It emerges through loss, change, identity shifts, and the quiet accumulation of experiences that shape our lives. Cat guides participants through an open and grounded exploration of how grief moves through the body.

WORKSHOP 02

Grounded Spirituality.

Spirituality can sometimes become disconnected from lived experience, especially when filtered through trends or simplified teachings. This workshop explores what it means to build a spiritual practice that remains grounded in honesty, embodiment, and personal experience.

Kai *Foxworth.*

INNER BALANCE & ASCENSION GUIDE

Kai is an Inner Balance and Ascension Guide who works at the intersection of somatic awareness, breathwork, and spiritual exploration. With experience in mental and behavioral health settings, Kai brings a trauma-informed approach to practices that support emotional and energetic healing.

Their work integrates modalities such as somatic breathwork, sound healing, chakra work, and energy alignment to help individuals explore the deeper patterns that influence their lives. The approach emphasizes reconnecting with intuition and recognizing the body as a guide.

Kai believes that many of the pressures people carry come from internalized expectations about perfection, productivity, and social approval. Through breathwork and guided reflection, Kai creates spaces where participants can release these pressures.

WORKSHOP 01

Breathwork.

An introduction to trauma-informed breathwork as a tool for emotional awareness and nervous-system regulation. Through guided breathing patterns and grounding exercises, participants explore how breath can influence the body's stress responses and support emotional release.

WORKSHOP 02

Reconnecting with Inner Guidance.

Many people feel disconnected from their own intuition and inner direction due to external expectations and internalized beliefs. This workshop invites participants to explore the idea of inner guidance through reflective exercises, energy awareness practices, and guided meditation.

Hoku.

YOGA TEACHER · WELLNESS PRACTITIONER

Hoku is a yoga teacher and wellness practitioner whose work centers on movement, breath, and personal transformation. After initially studying biology, he shifted paths to explore holistic health, plant-based living, and spiritual practice, eventually pursuing formal yoga training through YogaWorks in Los Angeles.

His approach blends asana, pranayama, and meditation with influences from Ayurveda and energy work, creating practices that support both physical awareness and inner connection.

Each morning, Hoku leads a grounding yoga practice designed to gently awaken the body and prepare participants for the day ahead. These sessions emphasize breath, presence, and mindful movement, helping to regulate the nervous system, release tension, and create a steady rhythm for the retreat.

Daily Practice

Morning yoga and grounding.

Slow movement on the beach to wake the body and settle the nervous system. Asana, pranayama, and grounding practice that sets the rhythm for each day of the retreat.

WHAT YOU WILL EXPLORE

Five threads. *One week.*

THREAD 01

Deeper emotional honesty

Where you have been performing okay-ness and what becomes possible when you stop.

THREAD 02

Embodiment & sensual awareness

Reconnection with the body as a source of information, pleasure, and signal.

THREAD 03

Relational authenticity

What you actually want from intimacy when the inherited script is set down.

THREAD 04

Grief & personal narrative

The losses that shaped you, named and held alongside others who recognize them.

THREAD 05

Queer community

A week inside a queer-only container designed to outlast the airport on the way home.

A PRIVATE ISLAND

Not as luxury. *As design.*

Seven nights. *Held end to end.*

Your ticket covers the entire week on the island. No add-ons, no à la carte. The only thing you bring is yourself, ready to arrive.

- Seven nights accommodation on a private island
- Round-trip private longtail boat transfers to the island
- Workshops and facilitated experiences
- Cultural excursions in Thailand
- Closing ceremony
- Airport pickup in Thailand
- Daily yoga sessions
- Daily small-group integration circles
- All meals during the retreat
- Trained clinical, somatic, and retreat staff on-site

FLIGHTS TO THAILAND ARE ARRANGED SEPARATELY BY EACH GUEST.

Queer people over 30 who have built lives that function but do not fully feel like their own.

- Ready to look at your patterns honestly.
- Ready to engage beyond surface-level conversation.
- Ready to experience connection that is not performative.
- Ready to question the roles you have learned to play.

THIS IS NOT DESIGNED FOR ALLIES. THIS IS A QUEER-ONLY SPACE.

RESERVE YOUR SEAT

Choose the room you want to be *in*.

Two ways to take a seat. Both include the full retreat experience: programming, meals, excursions, and full access to the retreat property and amenities.

Shared Room

$5,000

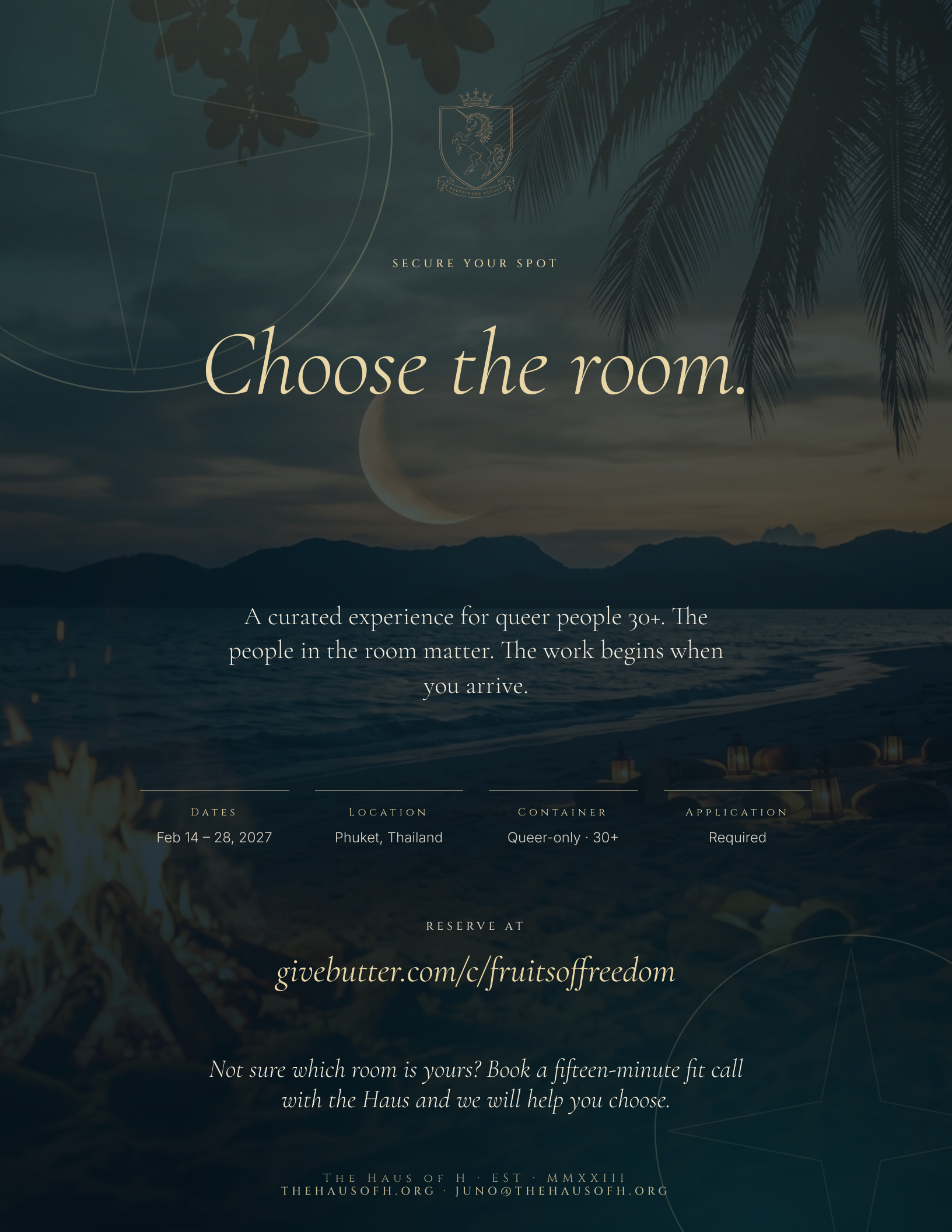
Share a beautifully designed suite within the retreat property while still having space to rest, recharge, and connect. A more accessible way to experience Fruits of Freedom while creating opportunities for unexpected conversations, friendships, and community throughout the week. For guests who enjoy connection and are open to sharing part of the experience alongside fellow participants.

Private Room

$7,000

Your own private sanctuary throughout the retreat. Thoughtfully designed with comfort and restoration in mind, private accommodations offer dedicated space to unwind, reflect, and fully integrate the experience in your own rhythm. For guests who value solitude, privacy, or simply want additional space between workshops, excursions, and group experiences.

APPLICATION REQUIRED · RESERVE AT GIVEBUTTER.COM/C/FRUITSOFFREEDOM



SECURE YOUR SPOT

Choose the room.

A curated experience for queer people 30+. The people in the room matter. The work begins when you arrive.

Dates	Location	Container	Application
Feb 14 – 28, 2027	Phuket, Thailand	Queer-only · 30+	Required

RESERVE AT

givebutter.com/c/fruitsoffreedom

Not sure which room is yours? Book a fifteen-minute fit call with the Haus and we will help you choose.

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