

PRESS · AUTUMN 2026

Choose rest.

Come be in good company.

*A weekend retreat for Black women.
October 16–18, 2026. The Texas Hill
Country.*

AT A GLANCE

DATES	October 16–18, 2026
VENUE	A private Texas Hill Country estate
SHARED RATE	\$895 per guest through July 31, then \$950. \$250 per guest holds a place.
INCLUDES	Shared lodging · all meals · every gathering
ONE NIGHT	Friday or Saturday overnight · \$450 per guest
PRICING	Full weekend \$895–\$1,250, shared to private king
SATURDAY	Full Saturday day pass \$135 · 7:30 AM sunrise yoga included
PRACTICE	Breath · yoga · Sister Circle · music · closing sound bowl · brunch

PRECEDENT

June 2026 Juneteenth retreat gathered Black women from across Texas.

“The vision to bring a group of women together to simply breathe was inspiring.”

— D., June 2026 retreat guest



Sahavit Mosley-Chance at a hava table, set with intention.

PRESS · FOUNDER

Sahavit
Mosley-Chance
Founder of hava



Sahavit Mosley-Chance · founder · Austin, Texas

ABOUT

Sahavit Mosley-Chance is the founder of hava, a wellness brand centered on Black women. A nurse and 21-year U.S. Army veteran pursuing a degree in midwifery, she built hava as the space she wished had existed for the women who raised her.

Rooted in rest, joy, dignity, and cultural memory, hava offers guided breath, somatic practice, and curated weekend retreats in the Texas Hill Country, alongside a small line of considered goods, including a hand-poured Sister Circle conversation deck and mason jar keepsakes carried home from every gathering.

*Homage to the women who came before,
infrastructure for women coming after.*

— Sahavit Mosley-Chance, founder

QUICK FACTS

BASED IN	Austin, Texas
FOUNDED	2026
BACKGROUND	Nurse · 21-year U.S. Army veteran · pursuing a degree in midwifery
PRACTICE	Guided breath · somatic practice · curated retreats
CENTERED ON	Black women · rest, joy, dignity, cultural memory
ETHOS	breathe · be·hold · begin · breath comes first

THE FIRST hava RETREAT

Juneteenth 2026 · Texas Hill Country



The women who came the first time. hava's first retreat, Juneteenth 2026.

SEEN IN

CultureMap Austin · syndicated on MSN and AOL

“Austin nurse launches retreat business for giving Black women a break”

By Brianna Caleri · July 7, 2026 · msn.com · aol.com

austin.culturemap.com/news/city-life/hava-black-women-wellness-retreat/

EXTENDED BIO

Sahavit Mosley-Chance is the founder of hava, a wellness brand centered on Black women, rooted in rest, joy, dignity, and cultural memory. Through guided breath, somatic practice, and curated retreats in the Texas Hill Country, hava builds quiet spaces for women to return to themselves.

Sahavit is a nurse and 21-year U.S. Army veteran pursuing a degree in midwifery. In the Army she taught soldiers how to steady themselves under pressure, and served as a Master Resilience Facilitator. hava is the same work in a softer room. Her invitation is simple. Breath comes first.

BRAND PALETTE

#FFF8EA

#F7E7B8

#F2D096

#C6952F

#D6A06F

#A85F3A

#55613F

#465235

#4A3743

#1A1411

BOILERPLATE · ABOUT hava

hava is a wellness brand centered on Black women, offering guided breath, somatic practice, curated retreats in the Texas Hill Country, and a small line of considered goods. Founded in 2026 in Austin, Texas by Sahavit Mosley-Chance, a nurse and 21-year U.S. Army veteran pursuing a degree in midwifery. Rooted in rest, joy, dignity, and cultural memory. Palette: cream, honey, and clay with deep green accents and ink headings; type is Italiana and Lora; motif is a triangle of three gold dots. havabeing.com.

MEDIA CONTACT press@havabeing.com · havabeing.com · [@hava_being](https://twitter.com/hava_being)