

THE Retreat... *an immersive wellness experience!*

As a primer for the retreat, you will be invited to take a self-awareness assessment one week prior to the retreat.

"Awareness is the first step to intentional change, and intrinsic motivation is the accelerator pedal."
– Terrie Reeves

Agenda

8:30 to 9:00: Check in

9:00 to 9:30: Welcome

9:30 to 10:15: Opening session - Check Out To Check In

10:30 to 11:45: Interactive Power In The Pause Presentation

"There is power in the pause. It is in this place that you wake up to the desires of your heart."
– Terrie Reeves

12:00 to 12:20: Small group breakout session

12:30 to 1:00: Large group discussion

1:00 to 2:00: Lunch with nutrition tips and Q&A

2:00 to 2:30: Silent reflection walk and/or meditation

2:30 to 3:15: Mindful movement and meditation session

3:15 to 4:00: Immersive sound healing experience session

4:00 to 5:00: Wrap-up and closing ceremony

THE Retreat will invite you to pause, process, and plan, so you can pursue and proceed with greater intention based on what is important to you.

"It is never too late to make your health and well-being a priority so that you feel your best every day!"
– Alison Merritt

What attendees need to bring and wear:

1. Comfortable clothes to move in. Change of top, if desired
2. Your assessment print out
3. Walking shoes
4. Yoga mat
5. Small towel
6. Pillow
7. Water bottle
8. Yoga block, if desired
9. Hat for when outside, if desired

