

Retreat Schedule of Events & FAQ's, Destin

Retreat includes:

- 3 night accommodations
- Yoga/movement & mobility sessions designed to open your body up and release tension
- Cross-training sessions, available for all levels including beginners
- Breakfast each morning, dinner each night (wine included)
- Stress & toxin reduction & body tension release workshops, nutrition discussions all designed to teach you some important ways you can choose lifestyle choices for a happier, healthier you
- Meditation sessions each morning
- Bike rentals to zip around town
- Welcome gift and more!

Daily Agenda*:

Thursday: 4pm check in, 6:30pm yoga/movement & mobility, 7:30pm dinner

Friday: 8:00am beach meditation, 8:30am breakfast, 9:30am Reduce negativity & increase abundance workshop, 10:30am cross training session, 11:30am-6pm free time, 6:30pm candlelight yoga, 7:30pm dinner

Saturday: 7:30am early rise beach meditation session, 8:00am Cross training session, 9:00am breakfast, 10:00am stress reduction workshop, 11:00am yoga, 12:00pm-7pm free time, 7:30pm dinner

Sunday: 8:30am cross flow session (yoga & cross training combined), 9:00am nutrition workshop & breakfast, 11:00am meditation, 12-1pm check out

Cost: Depends on room selection; includes all activities, listed meals & wine with dinners (see online for what is available).

- 3 nights shared bunk full sized bed accommodations (4 available) \$899
- 3 nights private king sized bed accommodations (3 available): \$999
 - Can add one additional person to this king bed reservation for \$399

*Each guest can choose to not participate in specific activities; however there will not be a reduction in session fees. Start times are approximate as we want our days to flow and adapt to the group as needed. **lunch on Saturday is on your own- we recommend you check out some of the fabulous restaurants in town or feel free to eat snacks provided.

FAQ's

What can I expect from the retreat?

This is a life changing experience designed to provide an entire health & fitness perspective and can be tailored for all levels of fitness and health. Enjoy a weekend of movement & mobility, yoga, cross training, meditation and lecture sessions-this is an opportunity for you to embrace your journey to a happier, healthier you.

***Please note: the rooms and bathrooms are designed to be shared, so be prepared to get to know someone and be cozy with others. If you would like to room with a friend, let us know ahead of time. Women only.**

Who is the retreat suitable for?

This retreat is suitable for all women who are interested in learning and experiencing a healthy lifestyle. Guests will learn ways to continue the practice at home; in the kitchen, on the mat, and in the world.

What about injuries or diet restrictions?

If you have specific injuries that you feel will compromise your ability to do certain things, we will set up modifications for you. Also if you have specific diet restrictions, let us know ahead of time so we can do our best to prepare meals to accommodate those needs.

What do I need to bring?

Comfortable clothing for yoga, movement & mobility and cross-training, tennis shoes for training as well as slip on shoes. Yoga mat if you have one (we will have a limited amount on site as well). Bring toiletries and even a book for journaling during free time (or taking notes). Bed linens, & towels are provided.

What is the cancellation policy?

If you must cancel at any time up to the three weeks, your \$150 deposit is forfeited and non refundable. If you cancel less than three weeks prior, there is no refund on any payments made. Final payment is due three weeks prior to the retreat.

What about transportation?

The nearest airport is VPS. There are also two other airports to choose from that are a bit further (ECP and PNS). From there you can arrange a taxi service or car service. For more details contact us.

What is the minimum age?

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