

UNFOLD THE FEMININE: RETREAT SCHEDULE

Friday May 5 – Monday May 8, 2017

“Be as beautiful as you feel” – Carole King

FRIDAY EVENING*

7:30pm

Welcome Champagne Reception

Dinner (Follows reception)

SATURDAY MORNING

9:00am – 1:00pm

Introduction

Feminine paradigm: A frame for Self-Care

Explore meanings for ‘Fierce and Fabulous’

Skills to strengthen a continuum of ‘Unfolding’

Breaks are integrated into the morning to allow you to unfold with ease.

Lunch (On your own)

SATURDAY AFTERNOON

Free

The pacing of the retreat provides each participant the luxury of personal time. The concept of cultivating ‘womanly space’ is an integral part of a mindful process of unfolding the feminine.

How you interpret ‘womanly space’ is up to you!

You will be inspired by listening to others as we discuss, laugh and explore together the amazing benefits and possibilities that come with unfolding the feminine ...

SATURDAY EVENING

Time: To be determined

Group Excursion into Placencia

No host dinner in Placencia

SUNDAY MORNING

Free

Placencia is one of the premier snorkeling/scuba destinations in North America. Sunday morning is designed for those who want to take advantage of a short scuba/snorkeling activity.

SELF CARE MATTERS!

Possibly, you just want to sleep in.

What your morning looks like is up to you!

SUNDAY AFTERNOON

1:15pm – 4:45pm

Ways to cultivate the 'Power of Presence'

Experience your lightness of BEING

With ease somatically (mind-body) integrate the transformational experience of the retreat...

Unfold the Feminine, The Fierce and The Fabulous

Imagine a plan for Self-Care

SUNDAY EVENING

7:00pm – Until we finish

DINNER POOL SIDE

Closing Lantern Ceremony on the Beach

MONDAY MORNING

Informal Continental Breakfast

Last minute goodbyes

YOU ARE ON 'YOUR WAY'

***A very important travel detail:**

Ticket your plane reservations to insure you arrive at the resort on time for the Friday night 'Welcome Champagne Reception'.

If you are traveling from the West Coast, think leaving Thursday.

To make your connection from Belize City to Placencia arrive into Belize City no later than early afternoon on Friday. To accommodate this detail, guests take a red eye flight into Belize City. Or, spend the night in either Houston or Miami, which allows you to catch one of the first flights out Friday morning. Check your carrier for your options.

(Once you register for the retreat, you will receive contact information to have your flight from Belize City to Placencia reserved for you).