

## **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).