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# THE WHAT'S NEXT RETREAT

### October 6th-8th 2023

# Support

Our hearts go out to our devastated communities impacted by the summer fires. We have decided to modify our October retreat to be ONLY for women who have lived through the terrible fires



## Heal

We want to offer a getaway weekend to process this terrible tragedy together. We will provide sustenance, libations, and outlets to help to process the grief and loss of this tragedy.



We will also offer options to offer solace and support. All events are optional. Our goal is to create a feeling of support solace, and peace.



#### Day 1:

- You are welcomed and get settled in
- We gather for conversation, cocktails, and charcuterie.
- We want to offer support and a safe place for healing.

#### Day 2:

- Dine on a delicious gourmet breakfast. Ease into the day.
- Gather together to participate in our workshops
- Break for nature hikes, naps, restful contemplation.
- Lunch/Dinner\*
- Firepit group session with friends. (Hot Cocoa Bar and snacks)

#### Day 3:

- Delicious Breakfast Bar.
- Group Mindset Coach Session-TBD
- Break for nature hikes, naps, restful contemplation.
- Dinner a gourmet meal cooked onsite.
- Game Night with girlfriends.

#### Day 4:

- Breakfast charcuterie and beverages
- Final group session
- Group Photos and connections shared.



#### ★Each retreat is custom designed and subject to change as indicated in the signed Retreat agreement.