



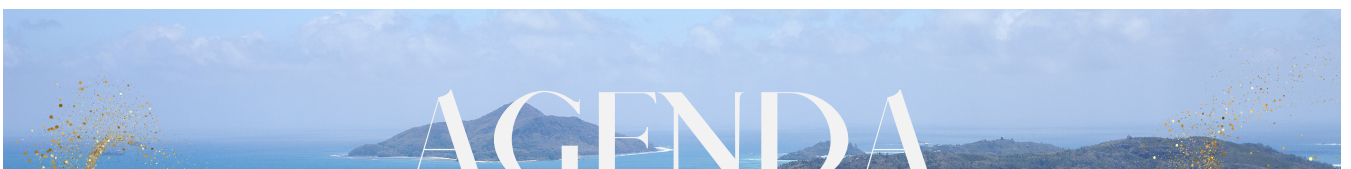
A.R.I.S.E. RETREATS

RE-PRIORITIZE YOUR WELL-BEING
TRANSCEND BOUNDARIES
REDEFINE YOUR PURPOSE

SEYCHELLES | FEBRUARY 2024

Luxury retreats are meant to support women business owners in aligning body with business so they are growing together, not at the expense of one another, where the destination is as much part of the process as the retreat itself.

- **GOAL:** Curate and thoughtfully design timeless, immersive, retreats that create a spaciousness and wonder where the client is not getting that in life and business. To allow the client an opportunity to see that not only can they contribute financially, yet emotionally, mentally, AND physically to the locations chosen.
- **THEME:** will be emotional well-being, using my A.R.I.S.E. method which is based on yogic principles and how we can incorporate them into today's society and lifestyle. Learning the energetic aspect of how we live truly affects every other aspect and if we are seeing/feeling a disconnect in life and business, often it is much deeper than the surface level.
- **POSITIONING:** These are luxury retreats because the client will feel like they are being wrapped in a soft blanket and supported in every way. Nature is also luxurious and the seasons, different cultures, and altitudes give the retreats a much different vibe, depending on whether it is beachside (how each small grain of sand creates a magical place, the salt air, the surface, depth, and flow of the water, the animals that live where we can't see/the unknown) or a mountainside (how trees/vegetation can grow, the animals that camouflage or hide in plain sight, the perception of danger, climbing and descending/all relating to life, how the mountains were formed/volcanic or granite)
- **LOCATION:** The Seychelles offers a remote location that has varied activities that can be used as pushing the comfort zone, even getting there is intentionally part of the expansion of the mind. Doing things that aren't "easy" and yet that we CAN do.
- **TIMELINE:** Every touch point, from initial inquiry to completion, will feel special. Attention to detail is important and doesn't have to be extensive, yet can be extravagant. From the locally sourced swag bags to the detailed planner and event journal they will receive, to the welcome gift when their deposit is paid, to the photo album and after-care journal (still trying to find collaborators) that will offer short and sweet affirmations or questions daily after the retreat so bring a sense of cohesion. Also, a 30-follow up or potential coaching package if they so choose.









FEBRUARY 5-12, 2024


Luxury A.R.I.S.E. Retreat Agenda


- **Arrival in Seychelles:** Welcome celebration with small treats for after-travel and immediate transfer to accommodations for rest, celebration, and wonderment of the journey they have just made.
- Evening welcome ceremony/introductions, housekeeping, and Q&A.

- 
- **Day 2:** Official start to retreat. A soft and gentle outdoor movement practice to awaken the body, mind, and soul followed by a generous and leisurely breakfast that nourishes what was lost in the travel portion. A reflection of what they thought the travel would be vs what is was and addressing any concerns.
 - First workshop (1st chakra, color red/root "through" our beliefs/fear is the anti-hero so facing our fears, dispelling old and outdated belief systems) beginning the "ALIGN AND ENERGIZE" portion of the framework. (6 steps)
 - Free time for reflection or activity
 - Lunch and Tour of Victoria (the root of the history of Seychelles)
 - Second workshop (2nd chakra/ color orange/ wants, needs, desires, pleasure/emotional movement/guilt is the anti-hero) to continue moving up the framework
 - Yoga Nidra or guided meditation for optimal rest and recharge

- 
- **Day 3:** A more robust movement practice, perhaps a hike or cardio-style workout, to move the energetic charge of the body into the second and third parts of the framework
 - Leisurely breakfast and (short review of Day 1) and how it integrates into the retreat.
 - Workshop (3rd chakra/ self-concept/identity/power...how we see ourselves in this world before and how we see ourselves after this retreat/ shame is the anti-hero)
 - Lunch
 - Free time or activities
 - Trip to Port Glaud or snorkeling with sharks
 - The second workshop (4th chakra/ heart chakra, which should be beating out of its chest...also, handling and processing grief (the anti-hero) and what/how to let go of what no longer serves us)
 - Local customary ceremony (?) to release emotions or process emotions before bed
- 

- 
- **Day 4:** Leisure breakfast and slight stretching/breathwork as we prepare for Hike to Roc Sodyer for a swim and cliff diving
 - Workshop (potentially at the site) (5th chakra/ how we express ourselves, with our voice or otherwise...what we speak into existence, how we can use our privilege for good/ Lies are the anti-hero)
 - Making our way back, have lunch at a local spot or craft house
 - Free time, relaxation, or reflection time, OR community events, something that we can do with or for the community to leave it better or with more resources than we left it.

- 
- **Day 5:** ARISE before daybreak so that we can watch the world awaken.
 - Leisurely breakfast, and then a vision quest...taking a walk/being dropped off by ourselves/themselves to somewhere we pick out of a hat in order to spend time with our vision...just by ourselves for an hour or two or three...really honing what we see for our lives. With only the distractions of exploration, we will get to go more in-depth with ourselves/how our vision, what we see, how we see, perception, and perspective change when we can be in a foreign place with only ourselves and how can that change the trajectory of our lives? (illusion is the anti-hero)
 - Pick everyone up at designated spots and have a beautiful lunch at local spot
 - Reflection, picture sharing, what this means for our life
 - Dinner

- 
- **Day 6:** Silent Movement focused on harmony between masculine/feminine, internal/external, spiritual/physical worlds...for 30 minutes we move in silence...wherever, whatever we do, we do not speak...
 - Leisurely breakfast
 - Workshop (chakra 7/crown chakra/to know and to learn/assimilate and synthesize information) This represents the transcendence of boundaries, our physical into the spiritual. From us to something greater (attachment is the anti-hero)
 - Stretching to connect our limited view with something that is infinite
 - Lunch with private chef (?)
 - Activity that feels transcendent, climbing a mountain and looking out over the summit (Mission Lodge or Morne Seychellois Park or ziplining!)
 - Dinner

- 
- **Day 7:** Leisure Breakfast and Movement Practice/walk, swim

- Prepare to visit the coconut oil factory on Pralin, as using the oil to reconnect to our bodies and self-massage would be invigorating and special
- Activity with reclaiming our souls/getting out of our heads and into our bodies
- Using the align and energize from root to crown and reclaim our roots, pleasures, power, heart, voice, vision, while synthesizing that into what it will look like when we return home, what all of this means, how we redefined our purpose through connection and adventure
- Dinner
- Transformational ending ceremony/share circle/bead necklace/tea



- **Day 8:** Departure day
- Snacks for travel or eating on the way to the airport...farewells, not goodbyes



- **After Retreat follow-up:** Daily text journal entry with prompts regarding retreat transformation
- What they brought back with them, what changed, what they left there, what are they doing to change life and the world
- 30-day email and photo/video album of the retreat
- Enrollment into 6-month coaching program that "finishes" A.R.I.S.E. Framework
- READY FOR THE NEXT ONE?!