



- 8:00-11:45 Travel and Arrive
  - We'll have a welcome table to greet you and take your luggage! You can check into your room after our session ends at 5pm Friday.
- 12:00-1:00 Opening Session, Snack
  - Please join us in the Gaviota room (this will be our home for the weekend!).
  - Be prepared to share your name, why you came to the retreat and to set an intention for the weekend.
- 1-1:15 Transition to Yoga
- 1:15-1:45 Yoga w/ Janice
  - This is an all levels class, it will be gentle, meditative and grounding for the rest of the weekend.
- 1:45-2:10 Transition/Potty Break
- 2:10-3:50 Melanie Elkin, Yogalicious
  - Body love, self care, connection. Melanie will lead us through a variety of exercises and journaling activities.
- 3:50-4:00 Transition/Potty Break
- 4:00-5:00 Balanced Philosophie: Jordan Younger of The Balanced Blonde and Sophie Jaffe of Philosophie
  - This will be an honest talk with two women who have built empires. They'll share stories, challenges and we'll have a Q&A session).
- 5:00-6:30 Check In, Freshen for Dinner
- 6:30-8 Dinner/Connect/Party/Relax
  - Buffet style: raw kale salad with baked pita chips, shaved red onion, dried cranberries, queso fresco with a pomegranate vinaigrette, gemelli pasta with almond pesto, balsamic caramelized onions and shaved brussels, grilled salmon with herb roasted fingerling potatoes and mustard cream sauce, McConnel's ice cream for dessert!
  - There is a complimentary wine hour in the lobby from 5pm-6pm which we are able to take advantage of! We'll also have a cash bar in the Gaviota room so bring credit card or cash if you'd like beer or wine with dinner.
  - The rest of the evening is yours. You can join your friends in the Goodbar or at the Outpost for drinks, browse the record shop and take some tunes back to your room or just snuggle up with a good book in your bath robe!



- 6:00-6:45 Yoga w/ Erica Blitz
  - Erica will lead us through an awakening Vinyasa Flow class that will energize us for the day!
  - This is OPTIONAL!! If you'd like to skip yoga and sleep in, just meet us for breakfast in the Gaviota room at 6:45am.
  - Bring your yoga mat, water bottle and a towel.
- 6:45-8:00 Frittata Bar Breakfast & Freshen Up/Potty Break
  - Breakfast will be available throughout this time slot, if you need to freshen up after yoga, feel free and then join us for brekkie.
  - Caramelized onion and potato frittata, coriander braised chicken and tomato frittata with toppings (cilantro chimichurri, sour cream, green onions, cashew mole, spiced roasted pumpkin seed butter, grilled limes, queso fresco and smashed avocado.)
  - We'll have coffee, tea and fresh squeezed juices.
  - There will also be coconut water, filtered fruit water and yerba mate iced tea throughout the day.
- 8:00-9:50 Goal Setting and Meditation
  - Lauren Bragg will lead you through her goal setting intensive workshop. You'll leave with expert, 1 year goals, action plans, accountability and we'll work on finding your passion and how to rectify imbalances in your circle of life. Ali Johnson will compliment this session with short meditations to refocus our energy in between exercises.
- 9:50-11:05 Relationship Coaching with April Asher
  - April will guide us through a variety of exercises to help elevate romantic and platonic partnerships. April has years of experience in her field so you can expect to cultivate fresh, romantic energy in your partnership and/or learn how to invite romance in your life.
- 11:05-12:00 Smoothies & Break
  - Fruit and veggie based smoothies for a mid day pick me up.
  - Take your smoothie to your room, journal by the pool, take this hour to take care of yourself!
- 12:00-12:30 Meditation and Practical Application with Ali Johnson
  - Ali will walk us through what it means to have a meditation practice and how to create habits around your meditation time. Because everyone knows that meditation is important but it's challenging to create a practice that lasts!
- 12:30-12:40 Transition/Potty Break

- 12:40-1:45 Feng Shui for Prosperity with Pamela Abbott-Mouchou
  - Pamela will teach us what Feng Shui is and isn't and how we can use a Bagua map to determine the areas of our home. She'll take goals that we worked on with Lauren and teach us how to elevate the energy in our home to support them. We'll also learn about "Feng Shui Cures" which are small shifts we can make in our home to invite the flow of Qi.
- 1:45-2:00 Transition to Art Project and Snack
  - While we get the room ready for a fun painting activity, grab a delicious healthy snack.
  - Meet us back in the Gaviota room and get your art supplies while Janice leads us through a fun creative activity.
- 2:00-5:00 Freshen Up for Dinner/Relax/Head Shot Sessions
  - Take this time to sit by the pool with your journal, get ready for our Happiest Hour and dinner party.
  - If you signed up for the Head Shot add on, meet Ashley in the lobby at your time slot.
- 5:00-6:00 "Happiest Hour" in the Preserve
  - We'll have a full bar, a beautiful setting and some time to meet your fellow Happiness Sisters. There will also be delicious fruits and berries for you to munch on.
  - If you'd like a drink with dinner, be sure to refill your beverage before we head in for dinner!
  - There is a complimentary wine hour in the lobby from 5pm-6pm which we are able to take advantage of.
- 6:00-7:30 Dinner Party in the Gaviota Room
  - Buffet style: Local, mixed green salad with jicama, radishes, corn, tortilla strips and citrus vinaigrette. Roasted pork, chicken fajitas and grilled veggie taco station with avocado, pickled onions, cilantro, green onions, queso fresco, salsa verde and pico de gallo. Served with black beans and rice, warm flour and corn tortillas. Dulce del leche panda cotta for dessert.
  - The rest of the evening is yours. You can join your friends in the Goodbar or at the Outpost for drinks, browse the record shop and take some tunes back to your room or just snuggle up with a good book in your bath robe!



- 8:00- 8:45 Yoga w/ Janice
  - Join us for a gentle Vinyasa practice to ground and center and bring the weekend's work full circle.
- 9:00-9:30 Parfait Bar Breakfast & Freshen Up
  - Breakfast will be available throughout this time slot, if you need to freshen up after yoga, feel free and then join us for brekkie.
  - Organic coffee, teas, coconut water, iced yerba mate tea and fresh squeezed juices will be available.
  - Organic Greek yogurt, seasonal berries and house made granola with honey.
- 9:30-10:15 Save the Mermaids with Kaia Stachel-Zambryski
  - Kaia will educate us about the importance of living a plastic free life and share about the importance of keeping our oceans healthy and honoring Mother Earth. You'll leave with tips and tricks to decrease your plastic footprint.
- 10:15-10:40 Transition/Potty Break
- 10:40-12:00 Panel of Lady Bosses
  - In this panel, you'll have access to 6 women who are crushing their goals and living their dreams. You can ask questions, hear their stories, learn from their challenges and be surrounded by women who can help you create the life work of your dreams
- 12:00- 1:00 Closing Session
  - We'll recap our weekend and what we learned, have an open discussion and we'll make sure you're connected with all of your Happiness Sisters.
- 1:00- You Time
  - Relax and journal by the pool, attend your head shot session if you signed ups for this time, pack your things, stay for lunch (\$) or travel home.