

# Wellness & Empowerment Retreat 2021

**Date:** August 28-29, 2021

**Location:** Williamsburg, VA

*We are so excited for you to join us on this wellness and empowerment retreat! Please find the agenda details outlined below. Once you have registered, you will receive a confirmation email and resort information.*

*Lodging is based on double occupancy (per room) in a two-, three-, or four-bedroom suite.*

*Please note this is a preliminary agenda and subject to change to the event\**

## **Saturday, Aug 28th**

4:00 PM – Resort Check In

5:00 PM - Pool Party

*\*in the event of inclement weather, the party will be at the indoor pool instead of the outdoor pool\**

8:00 PM – Dinner/Pajama Party

10:00 PM – Girls just wanna have fun! Night Cap & Games!

*\*massages will be rotating throughout the evening until everyone has been done\**

## **Sunday Aug 29th**

7:00 AM – Prayer/Meditation

7:30 AM – Stretching & Fitness

9:00 AM - Breakfast

11:00 AM – Taking care of the business of YOU!

Self-Care Empowerment Workshop

12:00 PM - Departures

