



**REFRESH, REFRAME, RESTART  
WOMAN'S RETREAT  
SATURDAY, APRIL, 6, 2024**

**Walk away feeling empowered to shape your world with unwavering purpose and strength.**

This exclusive one-day retreat is designed for a small group of women who want to build extraordinary resilience and want to strengthen their “spiritual muscle.” Learn how to create an unheard-of culture at home and in your workplace. You will be more equipped to get through whatever you are going through.

You will receive the tools to navigate any challenge life throws your way. Throughout the retreat, you'll gain the confidence to establish and own your core values, guided by the empowering framework of the seven practices to help you authentically live them out.

**Sample Schedule**

<b>9:00 - 10:00</b>	<b>Continental Breakfast, Introductions and Getting Comfortable</b>
<b>10:00 - 11:00</b>	<b>What does “Quiet Time” Look Like?</b>
<b>11:00 - 12:00</b>	<b>Journal Writing- Tools and Tips</b>
<b>12:00 - 12:30</b>	<b>Lunch</b>
<b>12:30 - 1:00</b>	<b>Tools- Building Mindfulness Through Nature and Art</b>
<b>1:00 - 2:30</b>	<b>Practice Presence- While Hiking the Beautiful Starved Rock Trails</b>

**2:30 - 3:45            Coffee, Snacks & Claiming Your Core Values!**

When we know the 2- 4 core values that are the subconscious drivers of our unhappiness, frustration, and fear and bring joy, contentment, and peace, we can make decisions, solve problems, and communicate with confidence and discernment.

**3:45 - 4:45            Living Out Your Core Values Through Seven Practices**

When we live our values, they become powerful tools. These tools allow us to create healthy boundaries and understanding in our lives.

**4:45 - 5:00            Closing and Goodbyes**

**Starved Rock Historic Lodge just 90 miles from Chicago in Oglesby, IL**  
**[Starved Rock, Historic Lodge One Lodge Lane; Oglesby, IL 61348](#)**

**\$275 For the day; includes a light breakfast, snacks, and lunch. There are limited spots in this retreat, so sign up today.**

**If you are interested in staying at the Starved Rock Lodge that weekend to make it a whole retreat weekend with friends, you can reserve (815) 667-4211 or visit [their website](#) to see the beautiful and inspiring setting in the woods.**

**Have more questions? Give us a call - 630-854-9725**