



Mother/Daughter Retreat™

*A Journey of Transformation
Living with Ease, Joy, and Grace*

The Mother/Daughter Retreat is a weekend in Lake Las Vegas filled with empowerment, fun, movement, and adventure. This weekend will fill your soul! What does it feel like to have a weekend learning, exploring, laughing, and expanding your life as a mom and daughter, and doing this together? Let's create a memory that fills your heart and soul.

Details:

- Dates: August 17th-19th, 2018
- Start Time: 6 pm PST, August 17th
- End Time: 3pm PST, August 19th
- Flying: Las Vegas McCarran International

Retreat Includes:

- Price \$1000 per couple
- **Included in price:**
- Transportation at Lake Las Vegas
- Paddle boarding
- All food and drinks excluding, Saturday dinner and any extra
- All workshops, classes, and sessions with Dr. David Stella

Location:

- Hilton Lake Las Vegas Resort and Spa
- Free self parking
- Free wifi
- Reduced rate for event
- A welcome gift awaits you in your hotel room

What to Bring:

- comfortable clothes
- sneakers/flipflops
- workout attire
- swim suit
- hat
- sunscreen
- journal
- sunglasses
- water bottle
- one casual fancy outfit for a night out for dinner



**Must sign up by July 27th
Only eight couples welcomed
Schedule coming out soon**

For more information:

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