



MOTHER DAUGHTER RETREAT

- SCHEDULE -

FRIDAY

Arrive Anytime

3:00PM

Hotel Check In

5:45PM

Pick up at Hilton

6:00PM

Welcome/Set Intentions/Dinner

8:00PM

Free Time/Open Swim

9:30PM

Return to Hotel

SATURDAY

8:00AM

Morning Meditation Fitness with

Gina Pero

9-9:30AM

Green Shakes

10-11:30AM

Class with Skin & Beauty Expert,

Jane Mann

12-12:45PM

Lunch

1-2:00PM

Improvisation with **Sarah Davison**

from Cirque du Soleil

2-3PM

Daughters class with **Sarah**

Davison/Mothers with **Gina Pero**

3-4PM

Open pool hang out, option to
return to hotel

4-7PM

Mother Daughter Dinner,
the choice is yours

7:30-8:30PM

Salsa Class with **Angel Morales**

8:30-10PM

Salsa Social/Open Night

10PM

Return to hotel

SUNDAY

7:30-8:30AM

Morning Meditation Fitness with

Gina Pero

8:30-9:30AM

Breakfast/Green Shakes

9:30AM-12PM

Breakthrough Sessions with **Gina Pero**

12PM

End of retreat, you are welcome to stay
longer