



Mother/Daughter Retreat™

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

The Mother/Daughter Retreat is a luxurious experience in Lake Las Vegas filled with empowerment, fun, movement, and adventure. This time together will fill your soul! What does it feel like to choose to spend time learning, exploring, laughing, and expanding your life together? Let's create a memory that fills your heart and soul, and brings you joy.

Details:

- **Dates:** July 30th-August 2nd, 2019
- **Hotel check-in:** July 30th, 3pm
- **Start Time:** July 30th, 5pm PST
- **End Time:** August 2nd, 10:30am PST
- **July 30:** 5pm-9pm (Welcome Orientation)
- **July 31:** 8am-9pm
- **August 1:** 8am-9pm
- **August 2:** 8am-10am (Reflection)
- **Ages 10 and up**

Retreat Includes:

- **Welcome gift:** (value \$150)
- **Some meals and drinks** (menu TBA), food prepared by **Chef Lela** (All organic and grass fed)
- All workshops and classes (special guests)
- **Preparation guide**, prior to attending
- **One 30 minute session**, per person, with **Dr. David Stella** (before or during retreat)
- **One on one breakthrough session** with **Gina Pero** (before or during retreat)
- **Transportation** at Lake Las Vegas
- **WiFi and self parking**
- **20% off spa** at hotel
- Access to **members only fitness center** at Lake Las Vegas
- **Special guest workshops:** Relationship Building, Wellness and Energy, Skin and Beauty, Salsa Social and Leadership, Improvisation/Dance/Fitness
- **Your expenses:** airfare, transportation to Lake Las Vegas, one meal on Wednesday, one meal on Thursday, and anything extra
- **Investment:** \$1100 per couple

*If you have more than one daughter, message me

Location:

- **Hilton Lake Las Vegas Resort and Spa**
- Reduced rate for event
- Las Vegas McCarran International



Sign up ASAP
Deposit of \$550 required by
December 1, 2018
10 couples only

What to Bring:

- comfortable clothes, workout attire
- sneakers/flipflops
- swim suit
- hat, sunscreen, sunglasses, water bottle
- casual fancy attire
- your smile and your heart

For more information:

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Text or call: 716-390-8605