

Day 1

Arrive & Restore



[Arrive...and exhale](#). We'll have a cabana reserved poolside if you want to change and swim, or just hang out. Reserve bikes to explore the property if you feel like moving your bodies. Take a nap if you're tired. You can even book your spa treatment for this afternoon.

The day is yours. The next three days are yours. We'll meet at 5pm for informal welcomes, then head to our 6:30pm dinner reservation at [Highball & Harvest](#).

Day 2

Vision & Restore



Use the morning to do whatever you'd like, and then gather with the group at 10am for an empowering group visioning workshop with [Coach Christal](#).

Following, we have a fun lunch surprise for our group.

The rest of the day is yours to do whatever will fill your cup! Christal will offer 1:1 follow-up sessions, either during our retreat or after, so consider using this day to schedule your coaching or book your spa session. Find somewhere on the beautiful luxury resort property to sit and journal, swim at the Ritz, or drift in the lazy river at the Marriott property. Dinner at 6:30pm at [Knife & Spoon](#).

Day 3

Meditate & Restore



We will have a quiet and early start at 5am for the 1hr 45min drive to the sand and waters of the Atlantic Ocean. We'll meet our guide for a guided meditation and yoga session on the sand. This morning is about setting our personal and individual intentions and moving our bodies and nourishing our spirits in nature.

We'll spend a couple of hours soaking up the sun and will return to the hotel for lunch. After lunch, you will be able to spend the afternoon filling your cup however you need. We'll enjoy our farewell dinner together at [Primo](#) at 6:30pm and gather afterwards for a closing ritual.

Day 4

Reflect & Depart Restored



This morning, enjoy breakfast room service or at the restaurant as you leisurely reflect on the time you have taken here to slow down and restore.

If there is interest amongst the early risers, we can offer an easy 8am hike at the nearby Shingle Creek Regional Trail. You will have time to do the quick hike and get back and shower before check-out time.

Soak up the warm breeze and snap your last photos before heading to the airport.