

Lusciously Living & Loving Life

♥ Goddess Retreat ♥

March 21-23, 2014 ♥ Sea Ranch, CA ♥ \$300



Imagine...

Imagine a beautiful ocean-front beach home with panoramic views of the ocean, miles of private hiking trails, delicious whole foods, and a group of Goddesses that make you laugh until your belly hurts and invite you to just *Be Lusciously You!*

Imagine activities in *Body ♥ Mind ♥ Heart ♥ Spirit* as we explore this question using all of our senses of taste, touch, smell, sound, sight and spirit: What does it mean to *live lusciously?*

Included:

- ♥ 2 nights, 3 days in a private home in Sea Ranch
- ♥ Most meals – delicious, wholesome, *plant-based meals*
- ♥ A guided *Vision Board Workshop*
- ♥ A full day of adventure to get our *bodies movin' & groovin'* (weather permitting, we may hike, bike and/or kayak)
- ♥ *Ritual* to connect to Goddess and Mother Earth
- ♥ Time to *connect* with each other and free time to *explore*
- ♥ A private Facebook group for support
- ♥ Gift bag with a *unique handcrafted gift...* and much more!

Register ~ \$50 holds your spot!

PayPal ♥ Credit Card ♥ Check ♥ Payment plans available



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Luscious Details ~ Page 1 of 2:

Included:

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- Most meals – delicious, wholesome, plant-based meals
- A guided Vision Board workshop
- A full day of adventure to get our bodies movin' & groovin' - (weather permitting, we may hike, bike and/or kayak - everything is low impact and intended to be FUN and accommodates every fitness level!)
- Ritual to connect to Goddess and Mother Earth
- Time to connect with each other and free time to explore
- A private Facebook group for support
- Gift bag with a unique handcrafted gift... and much more!

Investment:

\$300 investment. The Retreat has already been provided to you with an investment of my own money so the amount you pay has already been subsidized. The fair market value of the retreat is \$475.00 ~ the time together will be priceless.

Schedule:

- Fri, 3/21 4-9PM ~ Welcome Ceremony & Introductions
- Sat, 3/22 10AM-6PM ~ Luscious Adventure Day
- Sun, 3/23 10AM-4PM ~ Vision Board Workshop
- Sun, 3/23 Depart around 5PMish

Register:

- Ages 21+
- Include name, email & cell phone
- \$100 holds your place! Full payment due March 7th.
- Payment plans available
- Cash, Credit, PayPal, Square, Venmo and Checks.

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Luscious Details ~ Page 2 of 2:

Cancellation Policy:

- Cancel by 2/20 for a full refund. Cancel after 2/20 and lose \$50 registration fee.
- No cancellations after 3/1 but you can transfer to another person.

Luscious Private Room Available:

We have a special private room with a queen bed and private patio that opens to the sounds of the ocean. Room will accommodate 2 ladies (couple?) or is available for one Goddess paying an additional \$100 who wishes for a sanctuary. First come, first paid. Must pay full amount to claim this exclusive room. It's beautiful, cozy and a perfect sanctuary.

Beds and Bathrooms:

Each Goddess will have their own bed ~ either in one of the bunk beds or the Day Bed. Bathrooms are shared.

Sea Ranch:

Sea Ranch is an exclusive private community in Sonoma County, off highway 1, about 3.5 hours drive from San Francisco Bay Area. The community was created to honor the land and be at one with nature, so you will notice that their houses here blend well with the land. They use sheep and goats to trim the plants year round. It's very tranquil and peaceful here.

The Solstice Home:

The Solstice Home is a magical place, with breath-taking panoramic ocean views, private coastal walking trails with ancient Redwood trees, 3 bedrooms, 3 baths, gourmet kitchen, W/D, a private deck facing the ocean and a large living room. There are places around the home and along the Sea Ranch trail for some private time. Because of the location wi-fi is not available and cell phone service is spotty (Verizon works sometimes), it really is about "retreating" and unplugging literally and figuratively.

I am looking forward to sharing a luscious weekend with you, Goddesses! ♥ Jenna xoxoxo