

The SHEnergized SisStarhood Wellness Retreat

Spirit | Mind | Body

It's Your Time!

HEALING. HOPE. SISTERHOOD. NEW BEGINNINGS.

 DUNE HOUSE
HOTEL & SPA
ATLANTIC BEACH,
FLORIDA



JANUARY 15 – 17, 2027



DUNE HOUSE HOTEL & SPA
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LEARN MORE

OPTIONS
STARTING AT

\$200



RETREAT EXPERIENCE AT A GLANCE



THURSDAY – *Optional Activities*

- ♥ Arrive Early
- ♥ Spa Experience
- ♥ Explore the Beach
- ♥ Explore the Area

 Thursday activities are optional and at your own expense.



FRIDAY – *Professional Development + Healing Begins*

- ♥ What's Your FLAVA?®
- ♥ Networking Lunch & Learn
- ♥ The Seven Characteristics of an Effective Leader
- ♥ Shake Your Soul Rhythmic Experience
- ♥ Opening Session: Let the Feeling & Healing Begin
- ♥ Sip & Paint Experience (SisStar Circles)



SATURDAY – *Wellness • Connection • Vision*

- ♥ 7 Elements of Wellness
- ♥ SisStarhood Connections Lunch
- ♥ SisStar Generational Exchange
- ♥ Free Time + Beach Exploration
- ♥ Vision Board Party
- ♥ Beach Bonfire
- ♥ Release Experience



SUNDAY – *Replenished & Sent Forth*

- ♥ Sunrise Devotional
- ♥ Closing Breakfast
- ♥ Finale: Sisterhood, Spiritual Empowerment Class
- ♥ The Journey Home



REGISTRATION PACKAGES



LOCAL
ONE-DAY PACKAGE

\$200



LOCAL
FULL PACKAGE

\$350



ONE DAY +
ONE NIGHT LODGING
starting at

\$350



SHARED OCCUPANCY
FULL RETREAT

\$700
standard rate

\$650
paid in full



PRIVATE OCCUPANCY
FULL RETREAT

\$1,200
standard rate

\$1,100
paid in full

Rest. Replenish. Reconnect. Rise.



CONTACT US TODAY.



WWW.SHENERGIZE.COM



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