

*Come relax, renew and reconnect with nature in serene Central Florida!*



## 2015 Women's Wellness Retreats

April 24-26 and October 23-25

# Wellness Retreat Weekend

*Join us at Crooked Lake in Babson Park, Florida*

Your registration includes two nights' accommodations in a private bedroom, all meals and beverages, yoga sessions, guided meditation, personal growth and reflection sessions, inspirational readings and a 45-minute massage.

The retreat weekend is hosted at Emily's family lakeside bungalow and cottage.



## Retreat Leader

**EMILY**

As a coach, retreat leader, yoga teacher and consultant, Emily inspires people, organizations and businesses to grow and achieve their full potential in purposeful and balanced ways.

**EMILY ROGERS**

CONSULTING + COACHING



*Grow.*



## Friday

- 1:00-4:00 arrive at the lake for leisure time and massages
- 4:00-5:30 welcome, restorative yoga and guided meditation
- 6:00-7:00 sunset boat cruise with appetizers and sangria
- 7:30-9:00 dinner



## Saturday

- 8:00-9:00 breakfast
- 9:15-10:30 guided meditation and gentle flow yoga
- 10:45-12:15 mindful living session
- 12:30-1:30 lunch
- 1:30-5:00 leisure time, massages and a guided walk
- 5:15-6:00 appetizers and mimosas on the deck
- 6:30-8:00 dinner
- 8:00 bonfire on the beach



## Sunday

- 8:45-9:45 breakfast
- 10:00-10:30 farewell session and inspirational reading
- 10:30-12:00 leisure time and depart

*Yoga is designed to be appropriate for all levels, including first-timers.*

# Sample Meals

## ***Breakfast***

vegetable frittata  
fresh seasonal fruit  
breakfast bread  
coffee, tea, Florida orange juice



## ***Lunch***

spring mix salad  
grilled chicken  
whole wheat bread  
assorted cookies  
iced tea, beer/wine, coffee



## ***Dinner***

grilled salmon  
quinoa with fresh herbs  
roasted seasonal vegetables  
baked apples  
iced tea, beer/wine, coffee



## Massage

A 45-minute massage with Emily's long-time massage therapist, Leah, will be scheduled during leisure time Friday afternoon and Saturday afternoon. You may choose from several massage options: relaxation ~ therapeutic deep tissue ~ scalp, neck & shoulder massage ~ or hand & foot. *For more than 12 years, Leah has been working in the massage therapy field. She founded **Rejuvenate! Bodyworks, PL** in Lakeland, Florida in 2008.*

# Retreat Cost \$595

**April 24-26**

**Early Bird Rate: \$550**

**Available until February 24, 2015**

An initial payment of \$275 will secure your reservation.

A final payment of \$275 is due March 13, 2015.

**October 23-25**

**Early Bird Rate: \$550**

**Available until July 23, 2015**

An initial payment of \$275 will secure your reservation.

A final payment of \$275 is due September 11, 2015.

**Cancelation policy:** Full refund 45 days or more in advance of the retreat start date. Within 45 days of the retreat start date your payment will be fully refunded if your reservation is filled by someone else.

*To register, contact Emily at 863.860.6036 or  
emily@emilyrogers.com*

**Custom retreat weekends for a private group are  
available April 17-19 and October 16-18.**

*Let's Grow Together.*

## Testimonials

Reflecting on our retreat weekend together, I continue to marvel at the clarity I feel after experiencing what I like to call the 'Crooked Lake Magic.' I cannot pin this clarity on any one part of the retreat but the cumulative effect it had on me was like a tonic for the soul. Thank you for your hospitality and for your soothing work. I so enjoyed simply 'being' with all of you.

**—Ursula Radabaugh, Interior Designer**

Attending Emily's retreat was exactly what I needed to recharge. My weekend was everything a retreat should be – stimulating conversation with amazing women, nutritious and energizing meals, relaxing massage, invigorating yoga, breathtaking views of the sunset and even a boat ride! My overall experience combined with the convenient location and reasonable all-inclusive pricing makes Emily's retreat a must for every woman. I am grateful to Emily and her family for their hospitality and I am looking forward to the next retreat!

**—Lana Tatom, Elementary School Principal,  
Author, and Yoga Teacher**