

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



EMILY ROGERS
CONSULTING + COACHING

Grow.

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.

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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*