

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



EMILY ROGERS
CONSULTING + COACHING

Grow.

Women's Wellness Retreat

October 17-19, 2014

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 and a neighboring guest house.



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 OCTOBER 17

- 11:00-3:00 arrive at the lake for a light lunch, leisure time and massages
- 4:00-5:30 welcome, restorative yoga, guided meditation & inspirational reading
- 6:00-7:00 sunset boat cruise with appetizers
- 7:30-9:00 dinner

*Yoga is designed to be appropriate for all levels (first-timers to more advanced).
Boat cruise and dinner include beer & wine.*



Saturday OCTOBER 18

- 7:30-9:00 breakfast
- 9:00-10:30 gentle flow yoga
- 10:30-12:00 personal growth and reflection session
- 12:00-1:00 lunch
- 1:00-5:30 leisure time, massages and a guided walk
- 6:00-7:00 appetizers on the deck
- 7:30-9:00 dinner
- 9:00 bonfire on the beach

Lunch and dinner include beer & wine.



Sunday OCTOBER 19

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

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

Early Bird Rate: \$495

Available until July 11, 2014

An initial payment of \$247.50 will secure your reservation.

A final payment of \$247.50 is due September 3, 2014.

Standard Rate: \$545

After July 11, 2014

An initial payment of \$272.50 will secure your reservation.

A final payment of \$272.50 is due September 3, 2014.

Should you need to cancel, please notify me by September 3, 2014 for a full refund of your initial payment. If you need to cancel after September 3, 2014 your payment will be fully refunded if your reservation is filled by someone else.

Please send your check and registration form to:

Emily Rogers LLC

4725 Lake Hancock Road

Lakeland, Florida 33812

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*