

Rebirth Retreat by

BBQ Life Coaching



Rejoice. Revitalize. Rebirth.



Thank you for coming to our EXCLUSIVE retreat!



Book our Sponsor **A Massage for Me** for your self-care needs

AGENDA

Feel Good Friday

- 6:00–7:00 PM **Meet and Greet Networking**
- 7:00–10:00 PM **Game Night Taco Party**
- 10:00 PM–8:00 AM **QUIET HOURS**

Self-Care Saturday

- 7:00–7:30 AM **Sunrise Yoga**
- 8:00–8:30 AM **T.E.A. & Talk with Coach D**
T.E.A. & Talk Topic: Let's talk, is happiness a choice?
- 8:00–10:00 AM **Brunch**
- 10:30–2:30 PM **Massages, Jacuzzi, Local Shopping**
- 2:30–4:30 PM **Paint Party**
- 4:30– 6:30 PM **Makeup Tutorial**
- 7:30–8:30 PM **Awards Ceremony**
- 8:30–10:00 PM **Movie Night**

Salutations Sunday

- 7:00–7:30 AM **Sunrise Yoga**
- 7:30–8:15 AM **Continental Breakfast**
- 8:15–8:30 AM **Salutations Mantra**
- 8:30–9:00 AM **Check-out**



A Weekend Full of Fun
\$500+ Value
\$300 Cost
Experience Pricele\$\$

Lodging located at 695 Hennepin Terrace, McDonough, GA 30253.

Nearby entertainment includes SkyZone, Regal movie theater, and Dave & Buster's.

Restaurants include The Bistro, Chilis, and Cheddars.



Journal Topic of the Day

Journal when you wake up, during yoga meditation, or share among the group.

Friday: I feel happy when...

Saturday: My friends, family, or partner can support me by....

Sunday: A mantra that can awaken my rebirth is....



A Truly Refreshing Self-Care Retreat

Leave us a review, testimonial, and 5-star rating.



Contact Us

dwinters@bbqlifecoach.com
bbqlifecoach.com
770-282-9323

Follow us for seasonal retreats updates
Let's get social
[@bbqlifecoaching](https://www.instagram.com/bbqlifecoaching)