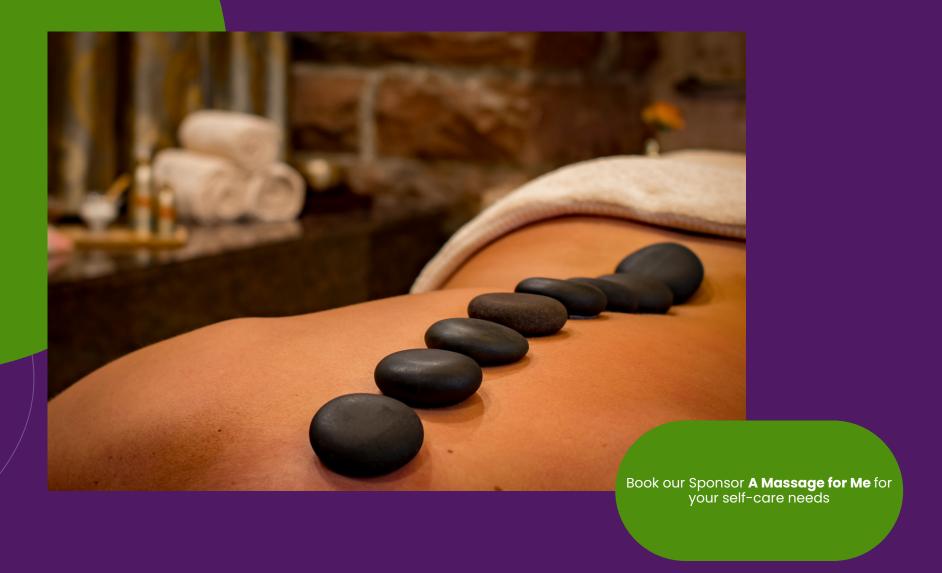
Rebirth Retreat by

BBQ Life Coaching

Rejoice. Revitalize. Rebirth.



Thank you for coming to our EXCLUSIVE retreat!



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

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