

Ready to take a break from the demands and expectations of your daily life?

Does an opportunity to nourish your body, mind and spirit sound like what you need?

Would you like to experience a nurturing and safe environment and engage with other women within the embrace of nature?

If you answered yes, to any of the above questions, I invite you to attend:

Gritty Sisters 2024 Retreat **Your Investment**

Includes :

- Snacks Friday evening
- Breakfast Saturday and Sunday
- Lunch Saturday
- Dinner Saturday
- Two nights lodging

Payment Options:

- Full payment at time of registration \$349 before August 1, 2024
- Two payments of \$200 due by September 1, 2024

Space in limited. Register soon!

To Register

Call Jessica Noe at 231-342-6564

Questions

Call Debra Berry at 616-929-0156

If no answer leave a voicemail and your call will be returned.

MENU

An effort has been made to provide nutritious and healthy meals and snacks. We are not able to accommodate food sensitivities or allergies. If you have specific needs, you will need to plan accordingly.

DRESS

Dress is casual and comfortable. There are opportunities to do some short hikes, kayaking, and enjoy the outside surroundings. Bring your own towels, washcloths, and toiletries. You may also want to bring a light blanket to toss over your lap or around your shoulders.

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2024

Gritty Sisters Retreat



Join us we create a nurturing and safe environment to engage with one another while unwinding, replenishing, reconnecting with ourself amidst the beautify and embrace of nature.

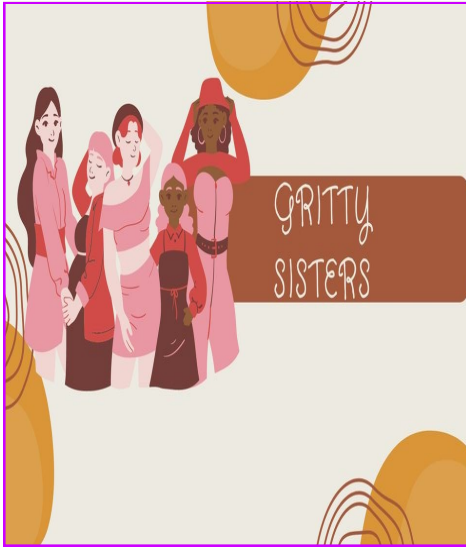
This is an opportunity to release tension, embrace oneself, and nourish our body, mind, and spirit.

Together, we will create a space of relaxation and renewal where every breath is a reminder of your inherent worthiness.

Leave feeling refreshed, inspired, empowered, and deeply connected to the abundant wellspring of peace within you.

October 11th-13th, 2024

*Into the Woods Retreat Center
7178 Butternut Drive
West Olive, MI 49460*



FRIDAY EVENTS

5:00-7:00 PM: Arrival

- Check-in and enjoy some snacks and beverages as you connect with other participants.

7:00-8:30 PM: Welcoming and Opening Celebration

8:30-9:00 PM: Mindfulness

- Understand the benefits of mindfulness.
- Appreciate the practice of mindfulness.

9:00-9:30 PM: Gratitude

- Practice and express gratitude.

9:30-11:00 PM: Quiet Time

- A time for quiet conversation and activities of your choice.

11:00 PM: Lights Out and Sweet Dreams

SATURDAY EVENTS

7:00-8:00 AM: Rise and Shine

- Yawn and stretch! Time to get ready for the day. Enjoy coffee/tea or take a quick morning walk.

8:00-9:00 AM: Body Movement

- Learn about and participate in the ancient and gentle exercise of Qi Qong.

9:00-10:00 AM: Breakfast

10:00-11:30 AM: The GRIT in US

- Define and discuss the elements of GRIT
- Identify ways being GRITTY has and can help us through life's challenges and changes.

11:30-11:45 AM: Break

11:45 AM-1:00 PM: How Your Energy Affects You Life: A Holistic Perspective

- Learn how you are showing-up energetically in your life
- Understand how your core thoughts, feelings, and action impact your life.

1:00-2:00 PM: Lunch

2:00-3:00 PM: Free Time

3:00-4:00 PM: Sourdough Bread Making Demonstration

- Learn the benefits of sourdough bread.
- Watch and learn how to make sourdough bread.

4:00-5:30 PM: Using Our Character Strengths

- Discuss your top three strengths
- Identify how you can apply and maximize these strengths in all areas of your life.

5:30-6:30 PM: Dinner

6:30-7:00 PM: Free Time

SATURDAY EVENTS (CONTINUED)

8:00-9:30 PM: Sing, Dance, & Play

9:30-9:45 PM: Gratitude Practice and express gratitude

9:45-11:00 PM: Quiet Time

11:00 PM: Lights Out and Sweet dreams.

SUNDAY EVENTS

7:00-8:00 AM: Rise and Shine

- Yawn and stretch! Time to get ready for the day. Enjoy coffee/tea or take a quick morning walk.

8:00-9:00 AM: Body Movement

- Move that beautiful body this morning with another session of QiQong.

9:00-10:00 AM: Breakfast

10:00-11:00 AM: Our Seasons of Change, Hope and Joy

11:00-11:15 AM: Break

11:15 AM-12:30 PM: Bring It All Together

- Review the concepts of GRIT, Energetic Self-Perception, and Character Strengths

12:30-1:30 PM: Closing Celebration

- Recognizing and honoring your worthiness.

