

# The Sheshō

PRESENTS

“JOURNEY BACK TO YOUR HEART”

## WEEKEND PROGRAM

FRIDAY 3/15



3 PM

Check in is at 3pm. Feel free to get here early to walk the grounds, get in the pool or relax.

5 PM – 5:45 PM

Meet at PH 1 for appetizers & mocktails. Let's meet & greet!

5:45 PM – 7:15 PM

Opening Ceremony. Meet your retreat leader & guest speakers. Story telling. and intention setting.

7:15 PM – 7:30 PM

Break

7:30 PM – 8:30 PM

Dinner at PH 1. Catered by Greek Islands Taverna. Wine & Alcohol free cocktails will be offered.

8:30 PM – 9:00 PM

Break to change into comfortable clothes.

9:00 PM – 9:45 PM

Soothing Sound Bath- On the patio in PH 1. Bring your pillow.

9:45 PM – 10:30 PM

Optional Tea Party. Pick a card to receive a message and sip on herbal tea to wind down & get better rest.

10:30 PM

Sweet Dreams!

North Beach Hotel 543 Breakers Ave. Fort  
Lauderdale, FL 33304



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SATURDAY 3/16



6:30 AM	Walk one block to the beach to wait for the sunrise.
6:45 AM – 7 AM	Watch the sunrise with group gratitude meditation led by Karla. Strength in numbers. Open your heart.
7:00 AM – 7:30 AM	Sit or lay on the sand for meditation with the sounds of the wind and waves paired with sound bowls. Nessa will give the group Reiki. Ground down, clear your energy & revitalize.
7:30 AM – 7:45 AM	Option to jump in the ocean and let it wrap you in its purifying water! Don't miss it!
7:45 AM – 8:00 AM	Walk back to the hotel. Get ready for yoga.
8:15 AM – 9:15 AM	Yoga on the patio upstairs in PH 1.
9:15 AM – 10:00 AM	Breakfast in PH 1. Catered by Archibalds English Bakery.
10:00 AM – 10:55 AM	Break, shower, change.
11:00 AM – 12:00+ PM	Meet back at PH 1 for Flower Energy Reading Session with Nessa. Get ready to draw!
12:00+ PM – 4:55 PM	Free time to relax poolside, walk back to the beach, check out the neighborhood's restaurants & shops, or take a nap!
5:00 PM – 5:30 PM	Meet back at PH 1 for a heart opening breath practice with Caryn. (Dress comfortable)
5:30 PM – 5:45 PM	Coffee / tea break.
5:45 PM – 6:15 PM	Talk to yourself. Talk to the universe with Karla Perez. Interactive group talk.
6:15 PM – 6:45 PM	Remove the layers that weigh you down with Gigi Sanchez. Learn techniques to help clear emotional trauma.
6:45 PM – 7:45 PM	Get ready for dinner!
7:50 PM	Meet at the front of hotel to walk to La Fuga, at the Shorebreak Hotel for dinner! 5 minute walk.
8:00 PM – 10:00 PM	Family style Italian dinner is served! Wine and alcohol free beverages will be offered.
10:05 PM – 10:30 PM	Walk back to hotel. Optional tea party in PH 1.
10:30 PM	Night Night! Sweet dreams!

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WEEKEND PROGRAM

SUNDAY 3/17



6:30 AM

Walk one block to the beach to wait for the sunrise.

6:45 AM – 7 AM

Watch the sunrise with empowering meditation led by Karla. Conjure courage to live a joyful life.

7:00 AM – 7:30 AM

Sit or lay on the sand for meditation with the sounds of the wind and waves paired with sound bowls. Nessa will give the group Reiki. Ground your energy & re energize your spirit.

7:30 AM – 7:45 AM

Option to jump in the ocean and let it wrap you in its purifying water! Don't miss it! Last day!

7:45 AM – 8:00 AM

Walk back to the hotel. Get ready for yoga.

8:15 AM – 9:15 AM

Yoga on the patio upstairs in PH 1.

9:15 AM – 10:15 AM

Breakfast & Closing talk, “Love the Life You Create” with Karla in PH 1. Catered by Archibalds English Bakery. Hugs & “See you later!”

10:15 AM – 10:55 AM

Pack up and check out.

11:00 AM

Check out!

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