

The SHEnergized Sisterhood Wellness Retreat

Spirit | Mind | Body

ONE OCEAN
RESORT & SPA
JACKSONVILLE BEACH,
FLORIDA

FEEL TO HEAL

Releasing Generational Tears

A 3-DAY RETREAT DESIGNED TO HELP YOU
RELAX, REFLECT, REPLENISH & RENEW!

VALUE YOURSELF.
CONNECT WITH OTHERS.
FIND BALANCE AND
PURPOSE.



FRIDAY – SUNDAY
JANUARY 15–17, 2027

YOUR REGISTRATION INCLUDES:

- 2 NIGHTS LUXURY COASTLINE VIEW ACCOMMODATIONS**
Friday, January 15 – Sunday, January 17, 2027
at One Ocean Resort & Spa
- FOUR MEALS INCLUDED**
Friday Reception, Saturday Breakfast,
Saturday Lunch & Sunday Breakfast
- RETREAT PROGRAMMING & EMPOWERMENT**
Inspiring workshops, powerful breakout sessions,
vision-filled conversations & purpose-driven teaching.
- SISTERHOOD & HEALING CIRCLES**
Connect with like-minded women, build lasting
relationships and expand your circle.
- WELLNESS & RENEWAL EXPERIENCES**
Mind, body and spirit activities designed
to refresh, replenish and restore.
- RETREAT WELCOME PACKAGE**
Custom retreat t-shirt, bag, program book,
retreat materials & special surprises.
- POWERFUL TEACHING & WORKSHOPS**
Practical tools, healing conversations
and transformational activations.
- CURATED RETREAT EXPERIENCES**
Sunrise moments, beach time, creative activities,
surprises and unforgettable memories.
- FULL RETREAT EXPERIENCE**
Access to all scheduled Retreat experiences
Friday through Sunday.

♥ Come to Heal. Leave Replenished. ♥

INVEST IN YOU. YOU ARE WORTH IT!

SHARED OCCUPANCY STANDARD RATE

\$700
PER PERSON
Standard Rate
Shared Occupancy

SPECIAL FULL PAYMENT OFFER!

\$600
PER PERSON
When Paid In Full By
June 15, 2026

SAVE
\$100!

PRIVATE OCCUPANCY STANDARD RATE

\$1,200
PER PERSON
Standard Rate
Private Occupancy

SPECIAL FULL PAYMENT OFFER!

\$1,000
PER PERSON
When Paid In Full By
June 15, 2026

SAVE
\$200!



LOCAL EXPERIENCE RATE

Designed for women in the Jacksonville area who desire
the transformational Retreat experience without overnight
accommodations.

\$350
PER PERSON

INCLUDES:

- ✓ Friday Reception
- ✓ Saturday Lunch
- ✓ Full Retreat Sessions
- ✓ Workshops & Healing Circles
- ✓ Wellness Experiences
- ✓ Retreat Materials
- ✓ Sisterhood Activities
- ✓ Daytime Retreat Access

DOES NOT INCLUDE:

- ✗ Hotel accommodations
- ✗ Breakfast



VIP GIFT FOR PRIVATE OCCUPANCY GUESTS!

All women who reserve a private room will
receive an exclusive VIP gift, just for you!



LOCK IN THESE RATES TODAY!

SECURE YOUR SPOT WITH ONLY A
\$150 DEPOSIT



BY
JUNE 15, 2026

TO LOCK IN CURRENT PRICING
BEFORE LATE FEES APPLY.



REAL CONNECTIONS
Build sisterhood
that lasts.



REST & RENEWAL
Relax your mind,
replenish your soul.



HEALING & GROWTH
Breakthrough sessions
that transform.



PURPOSE & EMPOWERMENT
Leave inspired,
refreshed & ready.

SCAN HERE
TO LEARN MORE!



Spaces Are Limited!
RESERVE YOUR SPOT TODAY! ♥

VISIT: www.shenergize.com
OR CONTACT:
Roxy Hall at 904-207-1278

FINAL PAYMENT OPTIONS
AVAILABLE