



Transformation on the Water

3-day Health, Wellness & Mindfulness Weekend

**Sept. 24-26, 2022
The Resort at Port Ludlow**

Retreat Workshop Sessions

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Guided Centering & Mindfulness
Possibilities Explosion & Long-Term Vision
Year in Review
Personal Values Definition
Creating a Rapid Life Reset
Innerviews & Personal Reflection Times
Stress Busting
Optimal Nutrition Focus
Future Casting
Defining Life Operating System
Living a 100 Year Lifestyle

Activities

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Yoga or meditation, kayaking, paddle boarding, waterfall hike, golf clinic, or self-guided tour farm tour.
*Wine or cider tasting and spa services available for additional cost.

Arrive early Friday to attend culinary class **"Fresh from the Farm"** presented by The Fireside Restaurant's Executive Chef, Dan Ratigan, at 11am followed by lunch at 12:30pm.
\$59/person

Minimum 15 participants.



Our Transformation on the Water Weekend Retreat is designed to help you relax, recharge and get inspired! Participate in daily workshops focused on goal setting, personal reflection, mindfulness, stress busting and steps to living longer.

.....Package Includes.....

- 3 night accommodations at The Resort at Port Ludlow
- 3 daily farm-to-table meals
- Morning yoga or meditation
- Choice of afternoon activities
- Ability to arrive early Friday night at a discounted rate

\$2,700 single attendee or \$2,350/person for double attendee



Register at www.portludlowresort.com/retreat