

# Transformation on the Water



## 3-day Health, Wellness & Mindfulness Weekend

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

### Retreat Workshop Sessions

- 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

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



PORT LUDLOW  
golf. marina. inn. home.



IdealLife360  
Seeking. Striving & Creating Balance In

MIND BODY HEART SOUL



Register at [www.portludlowresort.com/retreat](http://www.portludlowresort.com/retreat)