



WOMEN'S ADVENTURE RETREAT

BULLHEAD CITY

ARIZONA

10.05.2023

THURSDAY

MORNING

AFTERNOON

EVENING

Check in
Rest, relax, unpack

Group Dinner
Cacao Ceremony

10.06.2023

FRIDAY

MORNING

Island Meditation
Breakfast
Depart for London
Bridge Jet Boat Tour

AFTERNOON

Lunch in Lake Havasu
Return to cabin, rest
and relax

EVENING

Group Dinner
All Natural Facemasks

10.07.2023

SATURDAY

MORNING

Breakfast
Riverside Yoga

AFTERNOON

Spirit Mountain
petroglyph hike
Desert Picnic
Rest and Recover

EVENING

Fine Dining Dinner
Cruise
Night out on the town

10.08.2023

SUNDAY

MORNING

Breakfast
Sound Bath
Kayaking

AFTERNOON

Beach and BBQ
Wellness Coaching
Activites

EVENING

Group Dinner
Line Dancing Lessons