



Mother Daughter

R E T R E A T



Celebrate That Special Bond

Morzine, France

August 20th - 25th, 2023

Retreat Goals:

The goal of our mother daughter retreat in France is to create a unique, adventurous, and bonding mother/daughter experience in a powerful, encouraging and supportive all female environment. Together as a group of powerful dynamic women we will create an environment of support and inspiration to uplift and encourage each other's personal and combined relationship development.

This 5-day retreat includes workshops on discovering personality and relationships with others. There will be a combination of calm/reflective and high adrenaline/active outdoor pursuits and guests will leave with a better understanding of themselves, their unique mother/daughter relationship and how they can better support each other to be the best they can be.

Accommodation/Location

Pura Vida Escapes provides high end accommodation in the beautiful alpine town of Morzine. Pura Vida Escapes provides a relaxing and uplifting adventure experience for its guests. With 5 well designed bedrooms, hot tub, spa, open plan dining area and beautiful mountain view in the Haute Chablais region it provides the ideal location to explore the surrounding area and to get a deeply intimate and rewarding retreat experience.

Daily breakfast is included. 3 vegetarian dinners and 1 lunch prepared by our chef Ula and sous-chef Samara. Picnic lunches provided by sous chef Samara with the girls' help.

Requirements

There will be some designated time during the retreat to have personal time and explore the local surroundings and 2 dinners out at your own cost. Nevertheless, this retreat will often be in a group environment. You will need to:

- perform in a collaborative, team environment to ensure a truly uplifting and powerful experience
- have average fitness level (or above), able to walk a minimum 3 hours (with breaks)
- desire to work as a team, discuss issues and be open to new experiences.
- able to keep to a schedule with wake-up times and basic house rules of respected
- have fun and be ready to grow

Before the retreat you will need to complete a short personality questionnaire including mother/daughter relationship style and goals for the retreat. You will need

to have a 15-minute call with Charlie to discuss goals so the retreat can be directed as best as possible to your needs.

Travel Details

All guests will leave Toronto for Geneva as a group on August 19, 2023.

Guests will be met by Shyanne from Power4Teens & Charlie from Pura Vida Escapes and will be transported in about 1hr 15 mins to Pura Vida accommodations in Morzine. Guests will be delivered back to Geneva on August 25 to continue their trip as they wish. Some guests may return directly home to Toronto or continue their journey on to France, Switzerland or beyond.

Pura Vida Escapes will be happy to assist in helping you plan your onward journey.

Cost of Program:

C\$1,950pp + HST (C\$3900* per Mother/Daughter Couple)

*Cost of travel insurance and airfare not included. *Does not include HST. Cash payments accepted.*

We have 5 mother/daughter spots available (teens age 13-16 years old).

Payment Options:

Option 1: Full Payment (\$4,407.00 CAD) - Due on June 1st, 2023

Option 2: Two Installments - 1st payment (\$2,203.50) - Due on April 1st, 2023 | Remaining Payment (\$2,203.50) - Due on June 1st, 2023

Retreat Details

Closer to our retreat, an exact itinerary and instructions will be provided in advance.

Arrival: Sunday

- Transport to Accommodation
- Recovery Day
- Introduction To program

- Values/Intention Setting
- Free Time exploring Morzine Village
- Communal dinner at chalet
- Hot tub/spa/relax
- Mother/daughter connection workshop
- PJ Meditation and early bed

Monday

- Breakfast in chalet
- Workshop on personality - break out discussion groups for teens and parents.
- Lac de Montriond Circuit – A 3hr hike around a beautiful alpine lake led by Charlie
- Packed lunch on the mountain
- Forrest bathing experience
- Hot tub/sauna/relax in chalet
- Free Time: Dinner out at local restaurant (additional cost)
- Zumba

Tuesday

- Silent Breakfast in the chalet
- Workshop on relationships and effective communication based on personality styles.
- Breakout groups for mother/daughters and discussions with group.
- Lunch in chalet
- Paddleboarding on lake Montriond with Shyanne
- Yoga by the lake with Ula
- Delicious communal Dinner in chalet by Ula
- Free Time hot tub/sauna
- Fire intention setting in chalet
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Wednesday

- Breakfast in chalet
- Cascade Adventure- either canyoning or parcours in the trees. Transport included . Choice of activity additional cost (between euro 25-70)
- Picnic Lunch
- Outdoor Workshop on Nature Connection and Bringing calm to relationships by Ula
- Free Time: Dinner Out (additional cost)
- Duo Strength mother/daughter workshop

Thursday

- Breakfast in chalet (silent or not)
- Beautiful 3hr hike to see the Dents de Midi with a stunning view
- Visit to the Aquatic centre

- Personality Workshop continue
- Breakout groups
- Delicious Dinner in Chalet by chef Ula
- Game-personality explored
- Yoga

Friday

- Breakfast
- 4.5km run/walk/jog and team exercises on River Dranse with Shyanne & Charlie
- Leaving circle
- Lunch & departure

Refund/Cancellation Policy:

Non-refundable. Requests may be reviewed by Power4Teens Inc. Power4Teens Inc. will not refund airfare or other costs incurred as a result of program changes or cancellations. Please keep this in mind if purchasing non-refundable tickets and should consider purchasing cancellation insurance to reduce risk.

Retreat spots are already limited and are hard to replace especially with short notice. You can transfer your registration to someone else however will need to be approved in advance.

Please contact us if you have any questions!

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