



BLACK JOY THRIVE

Vineyard Vibes

MEN'S RETREAT I

APRIL 26-30, 2023
MARTHA'S VINEYARD

BLACK JOY: THRIVE

RE

- Newing
- Building
- Establishing
- Energizing
- Prioritizing

Re-Committing to living our best lives !!!!

The best part is connecting with an exceptional community of brothers committed to actually helping each other THRIVE.

DO YOU HAVE A SENSE
OF PURPOSE,
DUTY / MISSION,
DRIVING

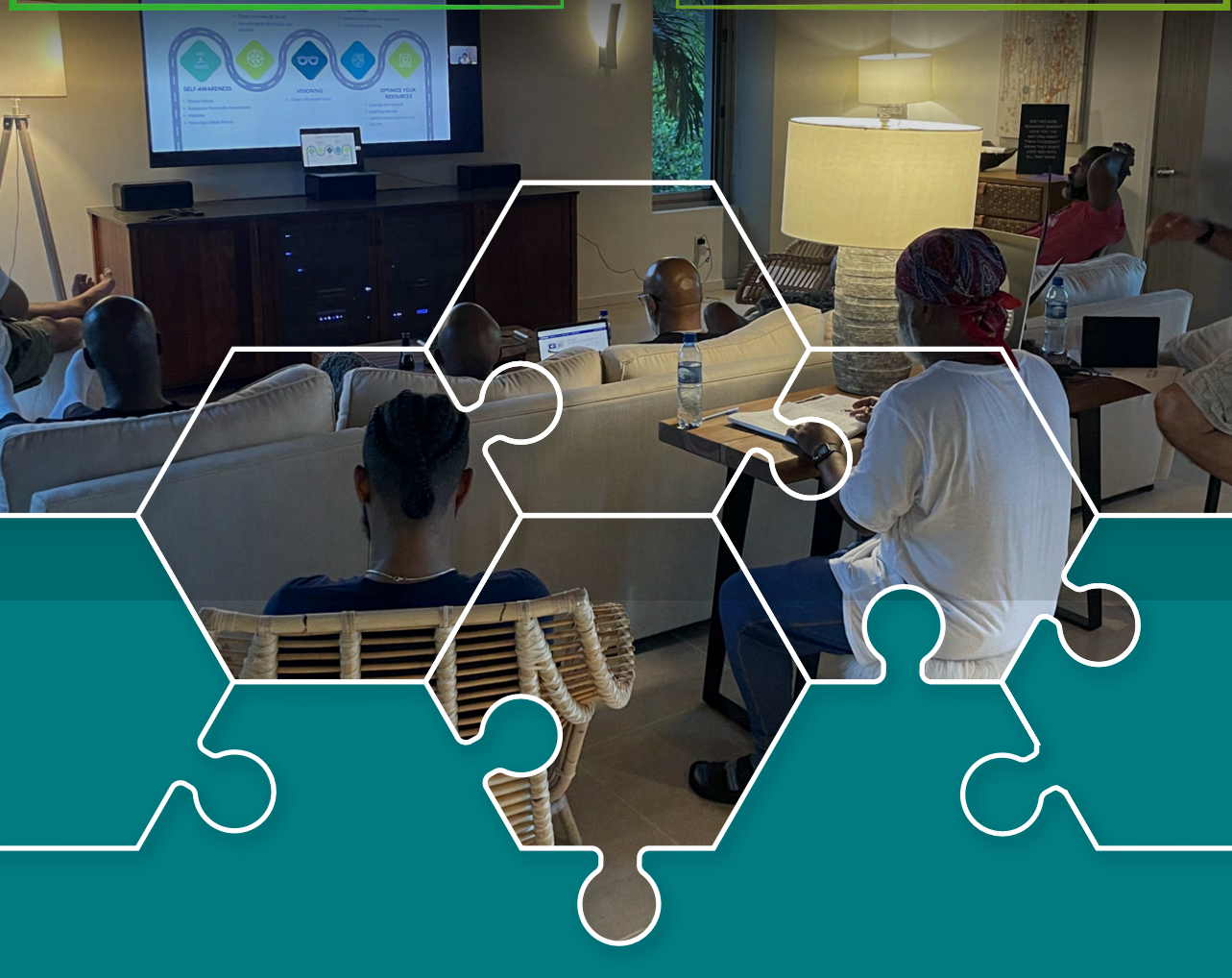
ARE YOU STUCK
TRYING
TO ACTIVATE
YOUR PURPOSE AND

DO YOU FEEL
LIKE YOU ARE
DOING ENOUGH
FOR

YOUR LIFE?

YOUR GREATNESS?

YOUR PEOPLE?



During our time retreating together we will explore each component of this illustration. You may already have answers for some of these questions, many will be new. The way you perceive these questions and yourself will shift as we journey together.

RETREAT FLOW

Our days will start at 8:00AM and will end around 9:00PM. You will receive your itinerary when you arrive with all the exciting sessions we have planned, but here is a peek into the retreat flow. We will start with self and throughout the retreat go deeper into unpacking what holds us back and unfolding maximum potential for what is possible in our lives. While each day of the retreat will cover all aspects of value and values, relationship, wealth and worth and spiritual, physical and mental well-being, there will be a focal point for each day's work.

Wednesday (Personal Joy and 360 Black): Arrive at Martha's Vineyard and make your way to our beautiful home by the sea for the next 5 days. Gather together over a light cocktail and then prepare for conversation with Kyere ("Zen Master") to begin to settle into the peace and power of this time together. We will journey still to dinner under the stars where we will continue connecting to ourselves and one another. After dinner, we will end our first night together with an opening circle, to set our intentions for the weekend.

Thursday (Hurdles and Gates): We will welcome our day with a morning meditation and movement. This will be a way to learn the spirit-enhancing tools of breath work practice to energize your day and activate your body and mind just before a delicious breakfast to fuel your day. The balance of this day will hold conversations on defining and owning Black male satisfaction and success. The theme of nourishing ourselves flows throughout the weekend, noticing what we feed our bodies, minds and spirits. Releasing what no longer works and building on what does. Space will be created to contemplate and then share the secret world of Black men. What do we keep close, hidden and private. We will connect with each other over the "why?". We will flex, break, rest, and then come back together for another evening of mind-expanding conversation, palate pleasing cuisine, and delicious libations.

Friday (Release and Rebuild): This day is all about the deeper dive. Beginning again with our new daily practice of meditation and silent movement followed by another incredible breakfast. Workshops about the touchstones in our lives, our forefathers and the future ancestors (Black men) we are raising our sons to become are the starting points of the day. As we seek to redefine what it means to be a modern Black man, according to our own standards and principles, we will apply the previous days' learning and take it to a deeper level. After taking a personal downtime break, we will move into our afternoon spirit session to do the work of unblocking and unlocking our magnificence. We will then be treated to a special event created exclusively for our pleasure before indulging in another phenomenal meal, ending the evening of storytelling and sharing the magic.

Saturday (Soar): We awaken, grateful to the rising sun. Our morning practice ties the strings of movement, sitting and the breath together so we leave prepared with new ways to strengthen ourselves. Today we'll contemplate the possible for our futures. We will break into groups and redefine our missions, visions and purpose statements. Today is all about how we want to show up in the world, after our time together. We will explore leadership, of self of community of our people.

Sunday (Communion and Connection): Today is all about creating our mutual aid society. How will we keep each other accountable. How do we keep our bonds strong until our next encounter. What can we do to ensure our success in our endeavors. We will do a number of exercises to ensure we all know our expectations of one another, and take time to cement our bonds. We cannot wait to experience our combined magnificence.

RETREAT DATES

April 26th - 30th, 2023

Accommodations: private homes in stunning Martha's Vineyard. Enjoy the island and its scenic beauty. All accommodations are single occupancy. You will receive the specific address of your retreat residence once you confirm your attendance with payment.

Arrival and departure: We are asking you to arrive by Wednesday evening April 26th. We will finish programming at 2:00 pm on Sunday, April 30th. Arrivals are at Martha's Vineyard Airport (MVY). Participants are responsible for the cost of their travel to and from Martha's Vineyard.

RETREAT PRICING

\$4,000 per person. This price covers all room and board, food and drink and retreat activities and gear.

NEXT STEPS

-Confirm your attendance by responding to this email or text to let us know you are ALL IN!

-Make a payment via PayPal @BlackJoyThriveUS

-Complete the retreat survey that will be sent to you under separate cover. This survey is essential to us providing a bespoke experience crafted specifically for YOU! This survey will include questions about your preference in food, music, drink and mood. We want you to truly know what it feels like to live in a world built for you. A place where you are celebrated not tolerated.

-We are all about creating a safe space, and this includes your physical well-being.

-Retreat Dress: is casual. We will be flexing and flowing and moving our bodies daily.

Black Men, let's encourage one another, love ourselves and never doubt who we are. Let's always support each other, because together anything is possible. We are our ancestors' wildest dreams.

ARTURO & ALESSANDRA



Arturo Nuñez
Executive Investor
Consultant Entrepreneur
(Hospitality, Media and entertainment, Consumer Products)

Arturo is an experienced executive, consultant, investor, and entrepreneur with over 35 years of in-depth experience with globally recognized organizations. He is currently the CEO of AIE Creative, a company created to provide immersive experiences to a highly curated selection of brands looking for unique ways to connect with diverse customers and a Board Member of the ESTÉE LAUDER COMPANIES. Formerly, he was the CHIEF MARKETING OFFICER at NuBank, the world's largest independent digital bank, where he ran its global marketing efforts (Brazil, Mexico, and Colombia).

Prior to NuBank, Arturo was the HEAD OF MARKETING for Latin America for APPLE INC. He was responsible for Marketing Communications, Corporate Communications, Product Marketing, Education Content, Enterprise Marketing and Developer Relations across all 38 countries in Latin America and the Caribbean with special focus on Brazil, Mexico, Colombia, and Chile. Arturo joined Apple in Oct of 2014.

Arturo sits on the boards of The Miami Underline, The Playing For Change Foundation, and The Ryan Project. A native of Harlem, New York and son of Venezuelan and Cuban parents, Nuñez attended Florida A&M University, where he studied Business Administration and Economics.

He is fluent in English, Spanish and Portuguese and resides in Pinecrest, Florida, with his wife Ana, son Marcelo and daughter Karina. He is Co-Owner of Dante's HiFi - Miami's first Vinyl Listening Lounge. In his spare time, collects art, DJ's and is a member of a number of groups with the mission of helping others realize their dreams. These include Summit Series, Conversations in The Park, Clubhouse, and the New Fania Collective.



Alessandra Bradley-Burns
Healer, Founder, Chef
Consultant (Food, Wellness, Strategy)

Alessandra Bradley-Burns is the CEO of Fearless Labs. She has spent over 30 years staying grounded in the unique strengths and wisdom of humanity by creating spaces for people to tap into their quiet power, reconnect with themselves and explore new ways to develop our most authentic and powerful selves. Alessandra is dedicated to the teaching that each of us is already amazing and helping us to remember the very best parts of ourselves, and the amount of delight that is available to us. She has nurtured a practice working with leaders as they take hold of their dreams and learn to live in their full potential.

Alessandra has over 25 years of experience in leading and partnering with the public and private sector to support corporate strategy, organizational growth, sustainability, racial equity outcomes and innovation. She is a leader in talent development and training and she has founded, fostered, incubated and grown local and national organizations through her leadership, management and strategic acumen.

Alessandra is an expert in racial equity. She has led DEI efforts for hundreds of organizations in both the public and private sector. Her work has resulted in significant increases in diversity at leadership levels, shifts in hiring practices to support increased diversity and racial equity training to improve expected outcomes and metrics related to DEI commitments. When not helping to set the world on fire, she is home smuggling with her 6 incredible children and her very beautiful, very wise, and very funny wife.

TESTIMONIALS

(BLACK JOY: THRIVE RETREAT I)

"I met brothers that changed the trajectory of my mission"

Rick S., Pastor/Author

"Brothers, we finally have a safe space to be vulnerable, transparent, and honest about ourselves and our future! Truly a life changing experience!"

- Joe A., CEO

"I walked in alone, with no expectations. I was made to feel welcomed, accepted, respected. It was a place where Black Men were free to be honest, vulnerable, and unfettered, but always feel safe. I didn't walk out alone, because I Brotherhood of Exceptional Men, one which I believe shall stand the test of time."

- Cedric S., Actor/Entrepreneur

"The Brothers Black Joy Retreat was a life changing experience filled with spiritual men to discuss how who we really are and how we show up in the lives of others."

- Keith B., Economist Vitality Officer

Find out more about us at BlackJoyThrive.com