

# get connected af

WOMEN'S RETREAT  
FEB 4-5, 2022  
AGENDA



**F**

6 pm Meet + Greet  
6:30 pm Mocktail Bar  
7 pm Dinner  
8 pm Facials  
9 pm Intention Setting

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**S**

8 am Breakfast  
9 am Sharing Circle  
10 am Yoga  
11 am Craft  
12 pm Lunch  
1 pm Sound Bath  
2 pm Quiet Time  
3 pm Goal Setting + Sharing  
4 pm Closing