



Opening Circle at The Power of Sisterhood Retreat Jan 2022

Retreat Details

All-Inclusive Retreat

- Location: El Dorado Hills Villa, El Dorado, CA
- Date: June 23-25, 2023
- Boarding and healthy meals (Breakfast, Lunch, Dinner, and Snacks)
- Daily Yoga Classes and Meditations
- Ancestor Alter, chants, and mantras
- Rejuvenating and finding balance through new tools and information
- Developing new relationships and building sisterhood among the Queens
- Learning Opportunities in our Core Classes: Mind, Spirit, Body, and Heart
- Journaling and group discussions
- Group Activities at previous retreats included Candle making, Vision Boards, Dancing, Star Gazing, and more!

Who We Are

You Aspire Success, Queen is a women's group that offers a variety of events and retreats with the goal to have transformative experiences, find balance and rejuvenation, and learn new information and tools to embolden women to their fullest potential.

Contact Us

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 YAS Queen @youaspireuccess



YAS Queen The
Power of
Sisterhood Retreat
You Aspire Success,
Queen!



YAS Queen
The Power
of
Sisterhood

*She's strong. She's powerful.
She's empowering. She's me.*



Our Mission

We are an organization whose mission is to support, empower, and inspire women through wellness, self-love, sisterhood, and setting intentions.

Our Pillars

- Mind
- Body
- Spirit
- Heart



Testimonials

"My first experience at the YAS Event was amazing! A house full of sisterhood laughing, smiling, dancing, learning, beautifying, meditating, a full time of fabulousness. Looking forward to many more experiences with my Queens!"

"I am honored to have been a part of this weekend with all of the amazing and talented women who shared their knowledge and experience. I learned so much and on so many different levels from making sushi to meditating and investing. The sky's the limit and we've only just begun."



The Power of Sisterhood attendees January 2022

Goals for The Power of Sisterhood Retreat

- Gain knowledge in the core areas that target wellness: Mind, Spirit, Body, & Heart
- Set personal intentions
- Learn tools to help navigate through your wellness journey
- Create a personal mantra by the end of the retreat
- Gain skills in journaling and reflecting
- Build new or strengthen relationships with your sisters
- Move your body with Yoga and stretches
- Open & relax your mind with meditations