

Restore • Reflect • Renew



# Stillness by the Shore: Rest and Reflect

Innisbrook Resort, Palm Harbor, FL  
October 9-11, 2026

## A Weekend Designed for Your Renewal

A 3-Day Wellness Retreat  
for Black Women

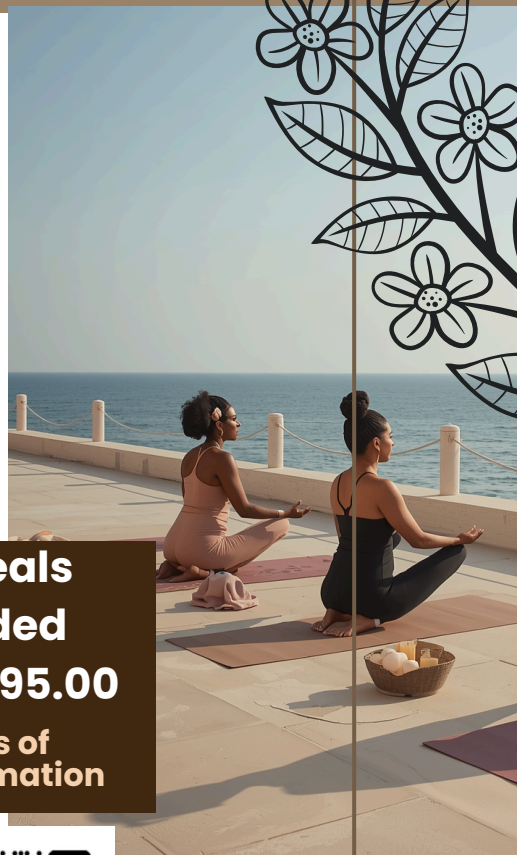
### Your Retreat Experience

- Restorative Yoga Sessions
- Deep Rest & Reflection
- Life Re-creation Workshops
- Connection & Community
- All Meals Included

All Meals  
Included  
Only \$895.00  
3 Days of  
Transformation



Payment Plan  
Available



Rest & Re-create

[www.restandre-create.com](http://www.restandre-create.com)