

# OVERVIEW



## Overview

### Lodging

🏠 Compass Hotel Anna Maria Sound by Margaritaville

### Map & Favorite Places

### Day 1






🍴 Appetizers

📅 Agenda

### Day 2

🧘 Restorative Pilates & Devotional




🍴 Breakfast Buffet

-  Morning Massage Block 1/Personal Time
-  Workshop - Forgiveness as Freedom
-  Beach & Leisure self-lead time. Box Lunches Provided
-  Evening Massage Block 1/Personal Time
-  Meal - Dinner on own

## Day 3

-  Restorative Pilates & Devotional
-  Breakfast Buffet
-  Morning Massage Block 2/Personal Time
-  Nutrition Workshop
-  Beach & Leisure self-lead time. Lunch on own
-  Group Dinner
-  Evening Massage Block 2/Personal Time

## Day 4

-  Gentle Movement Pilates led by Lisa
-  Breakfast
-  Morning Massage block or Personal Time
-  Forgiveness Workshop, Closing of Retreat
-  Check-out of Hotel - End of Retreat

## Packages

What's included, what's not

About the organizer

## LODGING

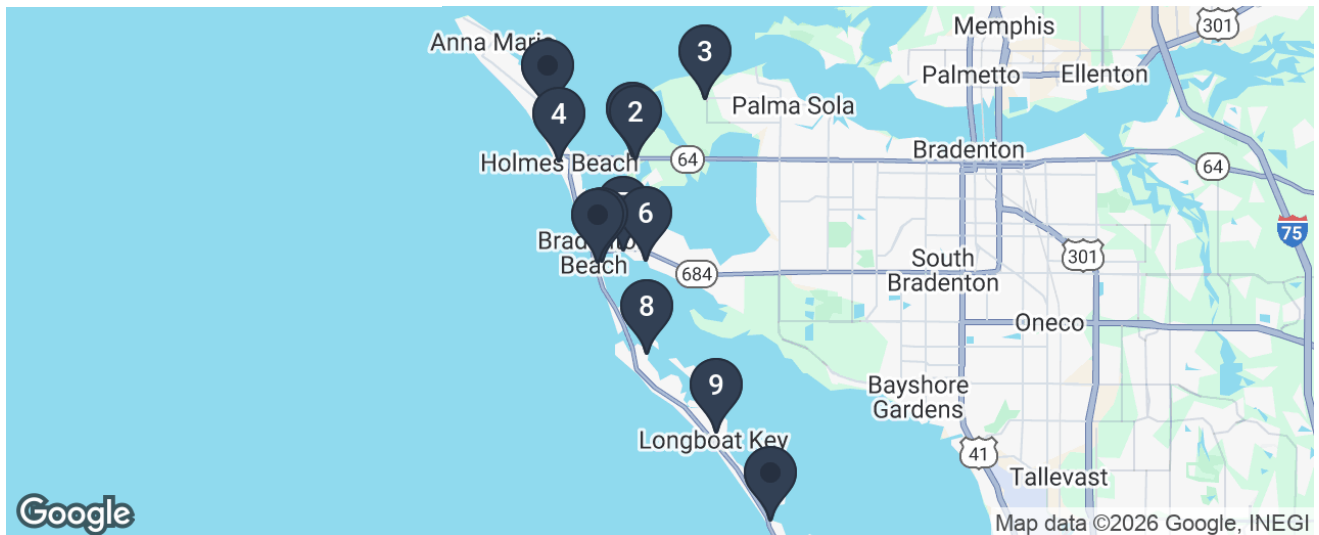


### Compass Hotel Anna Maria Sound by Margaritaville

[12324 Manatee Ave W, Bradenton, FL 34209, USA](#)

Experience the charm of Compass Hotel Anna Maria Sound by Margaritaville, where stunning waterfront views and a family-friendly atmosphere come together. Enjoy easy access to Anna Maria Island's beaches and local dining, while indulging in the laid-back Margaritaville lifestyle. With on-site dining and thrilling water sports, your adventure awaits!

 [+1 941-741-9700](#)  [Website](#)



## Map

### 1. Compass Hotel Anna Maria Sound by Margaritaville

12324 Manatee Ave W, Bradenton, FL 34209, USA

### 2. Neal Preserve

12301 Manatee Ave W, Bradenton, FL 34209, USA

### 3. Robinson Preserve

1704 99th St NW, Bradenton, FL 34209, USA

### 4. Holmes Beach

Holmes Beach, FL 34217, USA

### 5. Bridge Street

Bridge St, Bradenton Beach, FL 34217, USA

### 6. Swordfish Grill

4628 119th St W, Cortez, FL 34215, USA

### 7. Tide Tables Restaurant and Marina

12507 Cortez Rd W, Bradenton, FL 34210, USA

### 8. Mar Vista Dockside Restaurant & Pub

760 Broadway St, Longboat Key, FL 34228, USA

### 9. Joan M Durante Community Park

5550 Gulf of Mexico Dr, Longboat Key, FL 34228, USA

### 10. Bayfront Park Recreation Center

4052 Gulf of Mexico Dr, Longboat Key, FL 34228, USA

### 11. The Ugly Grouper

5704 Marina Dr, Holmes Beach, FL 34217, USA

### 12. Daiquiri Deck Bradenton Beach

107 Bridge St, Bradenton Beach, FL 34217, USA



# DAY 1

Welcome to Bradenton Florida!



## Welcome Reception & Cocktail Hour

On Day One of the Women's Retreat at the Compass Hotel Anna Maria Sound by Margaritaville, guests will arrive and check in, setting the stage for a warm and welcoming experience. The day will kick off with a Welcome Reception, featuring an open bar and a selection of appetizers, providing an opportunity for attendees to connect and enjoy each other's company. Upon arrival, guests will receive a thoughtfully prepared welcome packet to help guide them throughout the retreat. The day will conclude with an evening prayer, creating a moment of reflection and gratitude before a rejuvenating retreat ahead.

### 🍴 Appetizers

The Compass Hotel

Date

Thursday, May 14, 2026

7:00pm

- Capresse Skewers
- Hummus & Veggies
- Margarita Flatbread

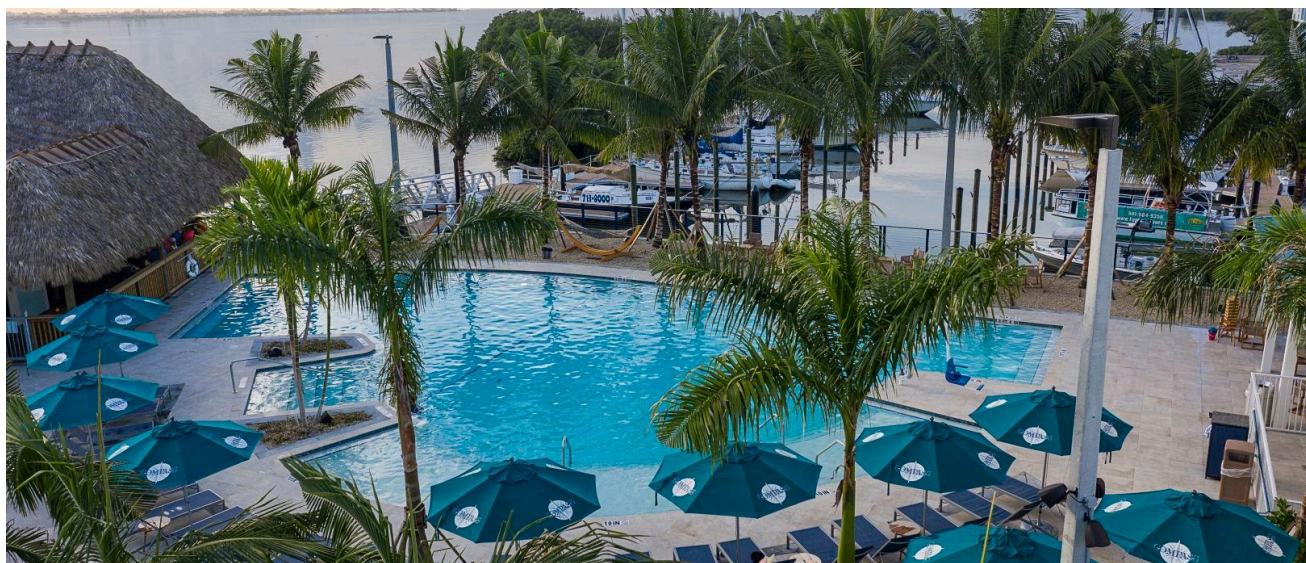
- BBQ Chicken Flatbread
- Premium Cocktails, wine & beer

## Agenda

- Welcome
- Introductions/What to expect
- Icebreaker



## DAY 2



### Restorative Pilates & Devotional

12324 Manatee Ave W, Bradenton, FL 34209, USA

Date	Duration
Friday, May 15, 2026	50 min
7:30am-8:20am	

### Breakfast Buffet

12324 Manatee Ave W, Bradenton, FL 34209, USA

Date
Friday, May 15, 2026
8:30am

### Morning Massage Block 1/Personal Time

Date
Friday, May 15, 2026
8:30am-11:30am

Massage is by appointment only. See agenda in welcome packet for your time slot.

## Workshop - Forgiveness as Freedom

Conference Room

Date

Friday, May 15, 2026

11:30am-1pm

## Beach & Leisure self-lead time. Box Lunches Provided

Date

Friday, May 15, 2026

1pm-4:30pm

## Evening Massage Block 1/Personal Time

12324 Manatee Ave W, Bradenton, FL 34209, USA

Date

Friday, May 15, 2026

5:30pm-9pm

## Meal - Dinner on own

## DAY 3



### Restorative Pilates & Devotional

12324 Manatee Ave W, Bradenton, FL 34209, USA

Date

Saturday, May 16, 2026

7:30am-8:20am

Duration

50 min

### Breakfast Buffet

12324 Manatee Ave W, Bradenton, FL 34209, USA

Date

Saturday, May 16, 2026

8:30am

### Morning Massage Block 2/Personal Time

Date

Saturday, May 16, 2026

8:30am-10:45am

Massage is by appointment only. See agenda in welcome packet for your time slot.

## Nutrition Workshop

Conference Room

Date

Saturday, May 16, 2026

11am-12:30pm

## Beach & Leisure self-lead time. Lunch on own

Date

Friday, May 15, 2026

12:30pm-5pm

## Group Dinner

Grill & Chill

Date

Saturday, May 16, 2026

6pm

## Evening Massage Block 2/Personal Time

12324 Manatee Ave W, Bradenton, FL 34209, USA

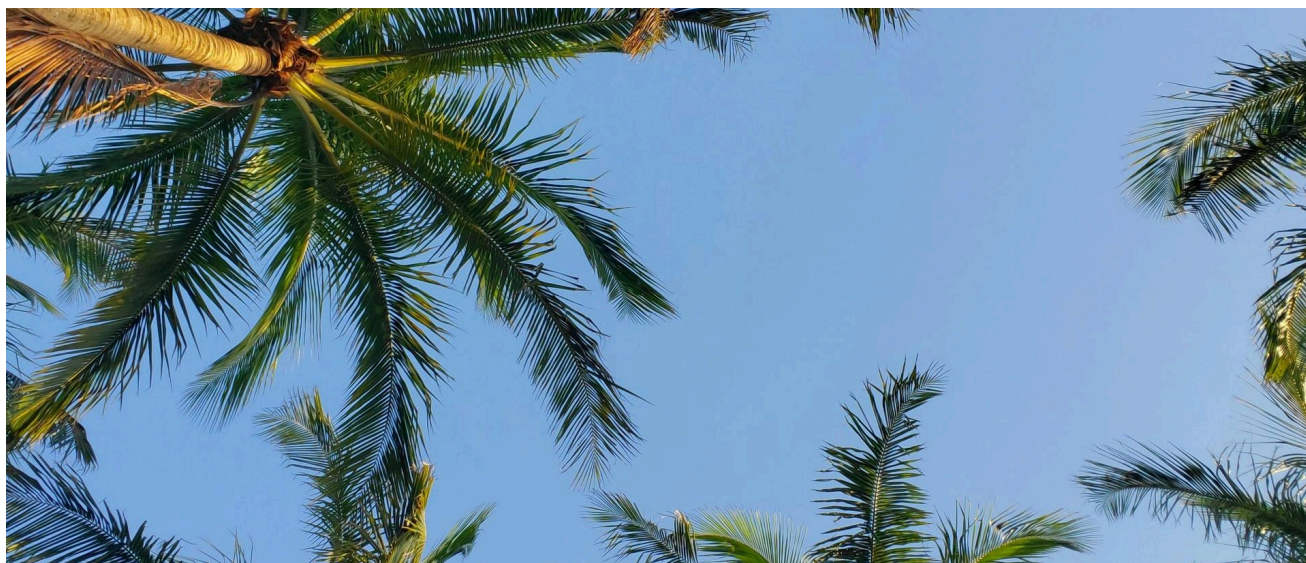
Date

Saturday, May 16, 2026

5:30pm-9pm



## DAY 4



Day 4 - Sunday May 17

7:30-8:20 morning devotional and Gentle Movement led by Lisa

8:30 breakfast (free provided by hotel)

8:30-11:30 Morning Massage Block (by appointment) (4 slots 8:30-9:30 and 9:45-10:45)

\* others enjoy journaling, pool or quiet time

11:30-3:30 Faith Centered workshop: Forgiveness as Freedom reserve conference room

### Gentle Movement Pilates led by Lisa

12324 Manatee Ave W, Bradenton, FL 34209, USA

Date	Duration
Sunday, May 17, 2026	50 min
7:30am	

### Breakfast

12324 Manatee Ave W, Bradenton, FL 34209, USA

Date
Sunday, May 17, 2026
8:30am

## Morning Massage block or Personal Time

Date	Duration
Sunday, May 17, 2026	3 hours
8:30-11:30am	

Massage appointments, please reference your welcome packet.

Take this time explore, relax and reflect.

## Forgiveness Workshop, Closing of Retreat

Conference Room

Date  
Sunday, May 17, 2026  
11:30am-3:30pm

Lunch provided

## Check-out of Hotel - End of Retreat