

# Retreat Itinerary

ADVENTURE AWAITS!

## Calibration Retreats

Women's Empowerment Retreats are designed for personal wellness and growth. We embrace spontaneity, time for reflection, and definitely community building. There are specific times designated for activities and excursions, we are otherwise not time bound. This offers a wonderful blend of relaxing and retreat experiences. You can absolutely expect all activities and excursions to happen as planned. We keep in mind that we are on island time.

### Saturday

February 5 - Day 1

#### Welcome to Paradise

- Arrivals at Saint Thomas Cyril E King Airport. Your personal transfer to Boho Paradise on Water Island is arranged. Keep Alicia & Megan posted and up to date on your flight schedule
- Greetings & welcome snacks (gifty bags & community building activity)
- Welcome dinner on Water Island
- Therapeutic Activity: **BOLDNESS**

### Sunday

February 6 - Day 2

#### Water Island Explore

- Coffee, tea, fruit, granola available
- Morning Yoga Practice
- Breakfast
- Let's go on a bike explore
- Hiking adventure
- Lunch
- Snorkling at Honeymoon Beach
- Dinner on Water Island
- Therapeutic Activity: **BOUNDARIES**

**Monday**  
**February 7 - Day 3**  
**Magen's Bay Explore**

- Coffee, tea, fruit, granola available
- Morning Yoga Practice
- Breakfast
- ***Magen's Bay & lunch on the beach***
- ***Phantasea Tropical Botanical Garden***
- Shopping in the famous Charlette Amalie
- Ferry to Water Island
- Dinner on Water Island
- Therapeutic Activity: **FREE TO BE YOU**

**Tuesday**  
**February 8 - Day 4**  
**Sailboat Extravaganza**

- Coffee, tea, fruit, granola available
- Sunrise Yoga
- Quick breakfast
- ***Trimaran or Sailboat day extravaganza with Mathias and Amanda, lunch onboard***
- Dinner on Water Island
- Therapeutic Activity: **FINDING YOUR TRUTH**

**Wednesday**  
**February 9 - Day 5**  
**Sapphire Beach Adventure**

- Coffee, tea, fruit, granola available
- Morning Yoga Practice
- Breakfast
- ***Sapphire Beach Parasailing Adventure***
- Sapphire Beach for kayaking, snorkeling & paddle boarding
- ***Lunch at the Island famous Bikins On The Beach Bar & Grill***
- ***Dinner: Celebration Picnic*** (we are ecstatic about this)
- Therapeutic Activity: **FINDING YOUR VOICE**

**Thursday**  
**February 10 - Day 6**  
**The Wrap**

- Farewell breakfast
- Morning yoga if time allows
- Airport Transfers: Please try to make flight arrangements for 2:00 or before to accommodate our transfers. Keep Megan & Alicia up to date on your flight schedule

WE LOOK FORWARD TO EXPERIENCING THIS AMAZING PART OF YOUR GROWTH JOURNEY TOGETHER!!