Empowered Escapes

A Transformational Women’s Getaway

\*Sandals Royal Bahamian – Nassau, Bahamas

\*March 2–5, 2026

\*20 Women | 3 Nights of Connection, Wellness & Joy

DAY 1: Monday, March 2 – Arrival & Island Vibes

• Arrivals throughout the afternoon

• Welcome drinks & resort check-in

• Free time to explore

• 6:00 PM – Welcome cocktail reception followed by dinner (Group table at one of Sandals’ signature restaurants)

• Optional moonlit walk or dip in the whirlpool

DAY 2: Tuesday, March 3 – Strength & Storytelling

• 7:30 AM – Morning Workout with Sheri (45-min beach, ballroom or fitness center session)

• Breakfast at leisure

• 10:00–11:00 AM – Skincare, Peptide & Hormone Wellness Talk with Joanna Poole

• 3:30 PM – Tennis & Pickleball Fun (social tennis, optional)

• Resort time or spa appointments

• 6:00 PM – Group Dinner (Pre-selected venue with ocean views)

DAY 3: Wednesday, March 4 – Creativity & Confidence

 6:30 AM meet at pink coffee truck for Bible study/Devo(optional)

• 7:30 AM – Morning Workout with Sheri

• Breakfast at leisure

• 10:00–11:00 AM – Art & Healing Experience with Cheri Carandanis, hands-on activity + her inspiring story of using art to navigate life’s challenges

• 3:30 PM – Pickleball & Tennis Mix-Up

• Poolside relaxation or beach time

• 6:00 PM – Group Dinner & Celebration Night

Optional sunset cocktails or dancing afterward

DAY 4: Thursday, March 5 – Farewell & Flow

• 7:30 AM – Final Movement with Sheri

• Coffee & Farewell Reflections

• Resort check-out & airport transfers

Inclusions

• Oceanfront luxury accommodations at Sandals Royal Bahamian

• All meals, snacks, and beverages (including premium alcohol)

• Group experiences and exclusive wellness sessions

• Tennis, pickleball, water sports, and use of the private offshore island

• Round-trip airport transfers

• All taxes and gratuities

Pricing

$1786.60 per person without airfare (use points or book flights on your own)

We are so happy to help with booking your flights! Pricing will vary depending on the home city you are flying from, and airfare fluctuates until ticketed.

 Important Room Note

Our ladies’ getaway features beautiful king-bed suites. This is the perfect excuse to share with your sister, your bestie, or your favorite travel buddy.

Deposit & Cancellation Details

To secure your spot, a $500 deposit is required at the time of booking:

• $140.00 – Non-refundable travel protection

• $360.00 – Sandals deposit

Cancellation Policy:

If canceled 46 days or more prior to travel, $260.00 of your deposit will be refunded.

The $140.00 travel protection is non-refundable, and a $100.00 cancellation fee will apply.