



TRIP INFORMATION AND ITINERARY

Women's Radiance Retreat: Restoring the Feminine Soul



Trip Leader:

Katherine T. Kelly, Ph.D., Author and Speaker, "The Pioneer of Soul Health"

Are you in search of more radiance, time to reflect, and life direction? Do you want more clarity, confidence, and personal power? Would you like to access your soul's wisdom and create your most optimal life, while also fully restoring inner ally?

Whether you are dealing with current stress, undergoing transition, or anticipating something new on the horizon, the ***Women's Radiance Retreat*** will empower you to embrace your feminine energy and harness your soul's wisdom to reach a whole new level of radiant living. During this 4-night, 3 full-day retreat, you will enjoy the "power of pause" as you quiet your mind, body, and soul to access your inherent radiance within.

Dr. Katherine T. Kelly, holistic psychologist and "soul strategist" celebrates the sacred feminine as she guides you on an internal journey to your soul's radiance. Women are undergoing an extraordinary evolution and as this unfolds, we often need silence, time to reflect, and sacred guidance to restore ourselves to our full and radiant feminine spirit. Dr. Kelly will lead you on this radiant journey through guided meditation and reflection, creative expression, soulful discussion, and communion with others who are also embarking on their restorative passage.

The ***Women's Radiance Retreat*** is held on the shore of Lake Norman near Charlotte, North Carolina. This beautiful body of water is 34 miles long and boasts 520 miles of shoreline.

Thank you for joining us on this essential soul health journey!

Transform Your Life... Inspire Your Soul... Restore Your Body...

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Itinerary

(Please note that the letters in parentheses denote meals that are included in your journey.)

Day 1: Wednesday, October 17th (D)



Arrival Day

Check in: 5-6 p.m.

6:30 p.m. Tonight we come together for a very special welcome dinner and celebration as we embark on our restorative journey. During this casual evening, we will become acquainted through a brief orientation discussion and also spend time exploring and setting our intentions for the upcoming four days. Your journey begins with a soul-based

visualization to prepare you to loosen and release any obstacles that are keeping you from envisioning and manifesting the radiance you desire, while opening the opportunity to receive the wisdom and tools you will need in order to design your optimal life. As a group, we open the radiant space and set the stage for the incredible journey ahead.

Day 2: Thursday, October 18th (B, L, D)

Our transformative journey begins early as we welcome the morning on the lakeshore with a lovely and nourishing breakfast. Water has long been known to hold restorative powers and we start this day with a morning meditation/visualization to further illuminate your path to radiant living. A morning discussion will follow, allowing you to embrace your restorative path, while deepening your commitment to care for your soul. Following a soul-nourishing lunch, you will be led through an exercise of creative expression that illuminates any blocks to radiant living. As we eliminate these obstacles, a new and brighter future begins to unfold. Your free time can be spent along the shore of Lake Norman or in many of the beautiful sacred spaces within the home itself. Your evening will include a journey to the sacred feminine, restoring your soul while gaining clarity for the next chapter of life ahead.



Day 3: Friday, October 19th (B, L, D?*)



You rise today to a new “you”, ready to care deeply for your sacred self. Not only will you be nourished by a soul-designed breakfast, you will also spend the day diving deeply into the waters of radiant living. Your morning discussion allows you to further clear the path of unwanted debris so your inner ally can be fed to fullness. Following another soul-sustaining lunch, you will have the opportunity to enjoy restorative spa therapies at *Ahlara International Spa* in nearby Mooresville, NC, where arrangements have been made to receive special discounts for all therapeutic services. This is my current day spa of choice due to its intention to feed the mind, body, and soul of all

who enter their doors. (*Upon registration of the retreat, you will be given a full menu of services, and details for how to receive your discounts.) If you prefer to spend your afternoon in solitude or seeking further guidance by your soul strategist/leader, individual sessions (Soul Coaching or Soul Realignment) will be available for an additional cost. (Note: due to limited slots, please consider this option prior to arriving and make desired arrangements early.) Weather pending, as well as by group consensus, we will either book a dinner cruise to further feed our souls through sacred waters, or we can choose one of a couple of other wonderful lakeside dining options that are near the spa. Our evening back at the house will include a brief gathering to reconnect our energies with the sacred circle we have created.

(*Bonus: If 9 or more participants attend this retreat, your dinner/cruise will be included without extra cost.)

Day 4: Saturday, October 20th (B, L, D)

We greet the day with another lakeside discussion, opening our hearts and souls for our final full day of restorative creation. You will learn “soul strategies” to integrate self-care into soul-care, a commitment that will serve you for the rest of your life. Your afternoon will include another discussion/visualization to harness your power within, allowing you to assimilate the tools to assist in your soul’s infinite evolution. Any event or transition is simply a passage into a new level of personal and soul development. This afternoon will prepare you for any changes that may be part of your evolving horizons. Again, you will have free time for solitude, further reflection and exploration of your path, or simply for additional restoration.



Tonight’s dinner celebration is an initiation into the new, **radiant you!** The meal, itself, is designed to nourish your mind, body, and soul as you are readied for more consciously stepping into your fully empowered and restored sacred self. Our evening discussion will be held lakeside, immersing ourselves in the energy of the surrounding restorative waters. A special celebration will conclude our evening together.

Day 5: Sunday, October 21st (B)



As we gather for this final morning together, we conclude our time with a “Completion Celebration”, sharing insights, stories, and visions for the future. Although the time together may end, our connection will be solidified as part of the ever-expanding feminine evolution. The beauty of the female soul is one of communion, love, and light—and today you will take a part of this sacred circle with you as you journey home through your renewed sense of transformation, inspiration, and restoration. Your participation in this restorative weekend has now set the stage for a life filled with soul-nourishing strategies that ensure an empowered path to your soul’s evolution.

If you choose, we will have time to share contact information so you may stay connected in the future. We will discuss future possibilities for both virtual or in-person re-unions. Remember—anything is possible if you visualize and create it!

Check out is at 11:00 a.m.



Please note: *This itinerary is subject to change without notice due to circumstances beyond our control. The prices reflected for this trip include the cost of operations and logistics. Travel insurance is highly recommended if you are concerned for something that may interfere with your ability to attend this retreat. Some inclusions may not be available on indicated dates and dates may have to be adjusted.*