



APRIL 13-18, 2023

Belize Bliss

Ladies Who Soar Luxurious Ladies Retreat

Message from the
Founder, Nasha Pace

Our #1 Purpose

*To replenish the balance in
your life so that you may
soar in every area.*

RETREAT DEETS

Why Belize? Why this
property?

WHAT'S INCLUDED

Everything a well-woman
wants in a balanced retreat

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Message From Your Retreat Hostess, Nasha Pace

Dearest Ladies,

I'm hoping this message finds you in good health. Before you dive in, please take notice of our updated logo which more clearly defines who Ladies Who Soar Retreats are designed for. As you know, Professional Black Women carry the weight of the world, corporate roles, business-ownership disparities, leadership challenges and family responsibilities on their shoulders. Let me affirm-we need to be replenished to do it all. Even more, if we don't take the time to prioritize ourselves like we do others, we will continue to compromise our health and we won't be here to pass on the legacy. Soaring is what you do best — Let's keep it that way.

Sistah, you deserve to SOAR IN EVERY AREA OF YOUR LIFE.

Tap out for a minute, and re-emerge whole, well and wiser. Now, let's retreat.

Regards,
Nasha Pace



About Ladies Who Soar

Nasha Pace



“Simply put, I was handling things. You know, sleepless nights and hardly any rest in between my busy lifestyle. Who needed sleep, right? From business ownership, empowering others, serving in my community, teaching adult students and raising my daughter... A Sistah was tired and running on fumes. I hid it well tho, and no one ever knew by the masked smile on my face. I needed a retreat so badly, but I didn’t think the world could do without me. I had too many ideas to launch and my success was tied to my busyness. Then, it happened... I told someone the truth. Little did I know, that truth set me free and many more to follow. When I say I overstand, I really do.”

Nasha

1. How it started

Originally, this ‘mission’ was named ReplenisHer Retreats and was birthed in 2014. The first retreat launched in Bermuda (2015) with only 2 registrants from the USA. Based on “Only God” events that happened over the course of the retreat — Those two ladies helped me to rename the movement and retreats to Ladies Who Soar (over rum cake in the retreat house).

2. Our Purpose

To help professional black women soar in every area of their lives through purpose-driven retreats. The three key focal points imbedded in our itineraries help ladies to personally **Explore**, **Evolve**, and **Emerge**.

3. What you can expect

A well thought out retreat, planned by a professional retreats and event planner. From the time you register until the time you arrive on the scene, all of your questions will be answered. We take care of the details, you just need to get there. You’ll have plenty of alone time, however, group harmony is very important to us as well. We put measures in place to ensure that your retreat is filled with great memories.

4. Properties we choose

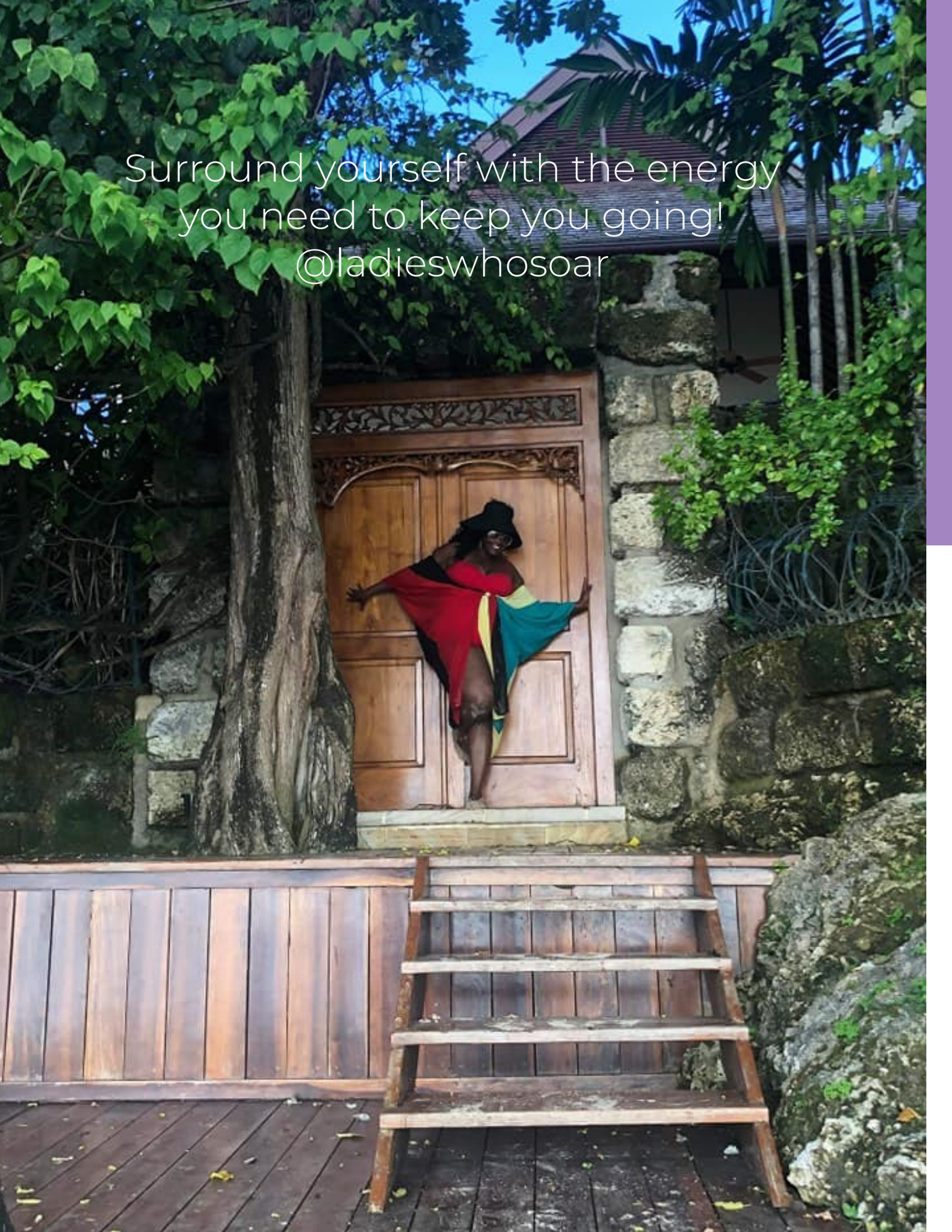
Our preference is to support luxury black-owned and women-owned properties, when available. Serene environments and opulent service enhance clarity and provide the rest professional black women need to recharge.

5. Key take-aways

Retreaters come to rest and deactivate from their usual environment and stressors. We only use first names, and we navigate away from topics that cause stress and natural competition. Itineraries are intentionally light giving retreaters more flexibility during their retreat time to relax.



Surround yourself with the energy
you need to keep you going!
@ladieswhosoar



Luxurious Ladies Retreat April 13-18, 2023



San Pedro, Ambergris Caye Belize

Ladies looking for authentic experiences will fall in love with the warm welcoming vibes of Belize. Can we let you in on a little secret? Ambergris Caye is a 'sweet spot' for a retreat, and it's easy to get to. The Island is a serene place to relax, unwind and recharge. There's just enough amenities to make it exciting, but not so overdeveloped that you're bumping into tourists. Between the lush tropical vibes, clean spaces to think, easy going smiles and even a secret beach — you'll be amazed by how refreshed you'll feel within just one day.

Belize

Step into a lively tropical paradise that welcomes you warmly into its sun-kissed streets. From the beaches vibrations with the sound of live local performers and artisans selling their finest works, the culture is further enlivened by the vibrant colors of every building and the aroma of Caribbean cuisine. Mahogany Bay Resort & Beach Club is located a serene 15 minutes south of the bustle of Ambergris Caye's only town, San Pedro.



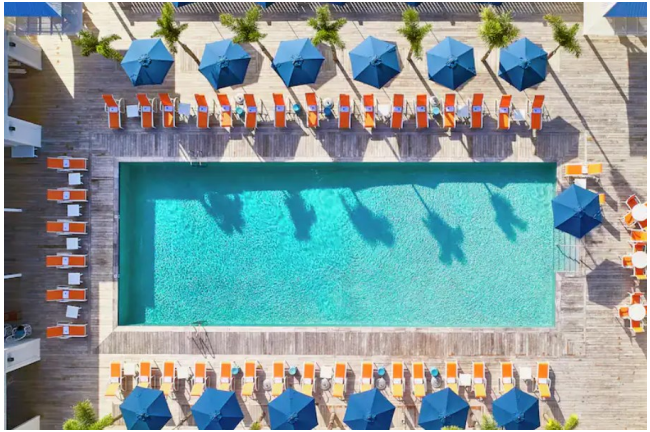
Cottages

Charming Belize cottages that reflect the destination's authentic spirit is where you'll be staying. You'll find that the hand crafted architecture and interior styling of each accommodation makes for a peaceful calming atmosphere to rest and relax.



The Bay Club

Your lounge place of choice may be hard to choose between. From your cottage, to the saltwater pool surrounded by cabanas and loungers, or the private beach club with beach bed cabanas at your disposal, you can't go wrong with any option.



Beach Club

Grab your morning caffeine of choice at Rum + Bean, and lounge the day away in one of the private overwater cabanas at the Beach Club. The Beach Club is a short distance away accessible by boat shuttle running every hour from the resort dock.



Meals

Want to find the best food on the island? No problem at all. Throughout the village at the resort, you'll find some of the best restaurants in Belize; including over 10 different artisanal dining venues and unique bars, all just steps away from your door! There's even more right outside the resort property just a golf cart ride away. It's my pleasure to show you eateries where you can indulge in local food and taste hidden treasures.



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Sunbathe in Style

Your Beach Cabana is Reserved

WELCOME TO BELIZE'S
ONLY PRIVATE SUNSET BEACH



Belize Retreat Inclusions

1. Sunset Catamaran

Every woman deserves to soar in style. We're happy to include a fun-filled two-hour Sunset Catamaran Cruise during your retreat. We'll sail through the Caribbean Sea and watch the sunset from the comforts of a glorious boat.

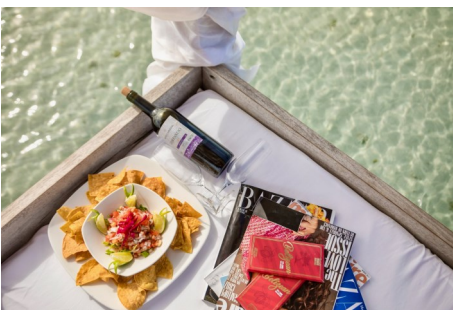
While aboard, you'll enjoy complimentary rum punch, local beers, fresh shrimp ceviche, and lively music. Don't forget to bring your camera or phone along with you, because you won't want to miss out on capturing golden hour photo ops.



2. Meditation & Yoga Sessions

What's a retreat without time to intentionally tap into your mind and body? You'll enjoy our private group yoga session at the state of the art yoga loft (Balance Spa & Yoga Studio). Poolside meditation sessions will also be available as an option. The yoga studio is available to you daily as well.

Treat yourself to a massage. (additional cost)



3. LWS Beach Club Lunch

Not only have we reserved a beach cabana bed for you at the private beach club, but you're invited to a private tranquil chef-prepared lunch with Ladies Who Soar overlooking the beach.

Food can be purchased at the beach restaurant and bar daily (additional cost)



4. Luxurious Ladies Dinner

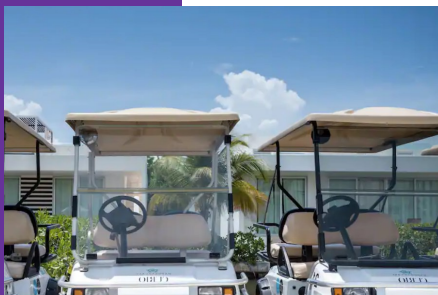
As a busy professional, you spend most of your day making decisions. That's why we're giving you the relaxing luxury to have the resort's chef surprise you with a specialty dinner made just for the occasion. No worries, we'll ask about your dietary restrictions beforehand, so all will be taken care of.



5. San Pedro Airport Transportation

After arriving at the International airport (BZE), you'll make your way to San Pedro, Ambergris Caye — A 15 minute flight away! We've included your local flight in your package and will be handling your flight and taxi arrangements so you can arrive seamlessly to the resort.

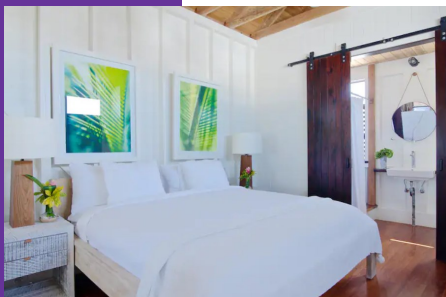
This flight definitely wins for the photo ops!



6. Golf Cart Rental

Feel free to walk where you can. Ideally, the gulf cart is the epitome of San Pedro culture. Each golf cart seats four, so you'll share a set of wheels, and you can go explore the island at will. There is also complimentary bicycles on property.

Want your own gulf cart? Prices begin at (\$250) for 4-days.



7. Private Cottages

Wake up to the fresh Belizean air in gorgeous chic accommodations at the Mahogany Bay Resort & Spa. You'll stay in a private individual unit surrounded by tropical foliage, rather than in a hotel room. Choose from the Garden Cottage, Upper or Lower Keeping Suites.

A WELL-BALANCED LIFE HAS ITS PRIVILEGES!



3 PAYMENT OPTIONS

We offer 3 payment plan options for you to choose from. At the time of registration your deposit is due immediately by credit or debit card.

Afterwards, we invoice you for the remaining balance. You'll choose from bi-weekly, monthly or pay in full. With each of these options you can use credit cards or Zelle. There are NO additional fees, regardless of which option you choose. You'll receive ongoing reminders before your payment is due via email.

We don't automate payments. However, if you want this option, we can provide you with a credit card authorization form, in which we'll handle processing your monthly payment for you (after initial registration).

Lastly, if you want to pay in full at the time of registration, you do receive \$250 off of your total. Simply, select this option and this choice will appear.



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