

Sensational Soul

December 7-13, 2023 7 DAYS / 6 NIGHTS

ST. JAMES, BARBADOS



Barbados

December 7-13, 2023

Ladies Who Soar Wellness Retreat

RETREAT DETAILS

LADIESWHOSOAR.COM



Nasha Pace

Dearest Ladies,

I'm hoping this message finds you in good health. 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.

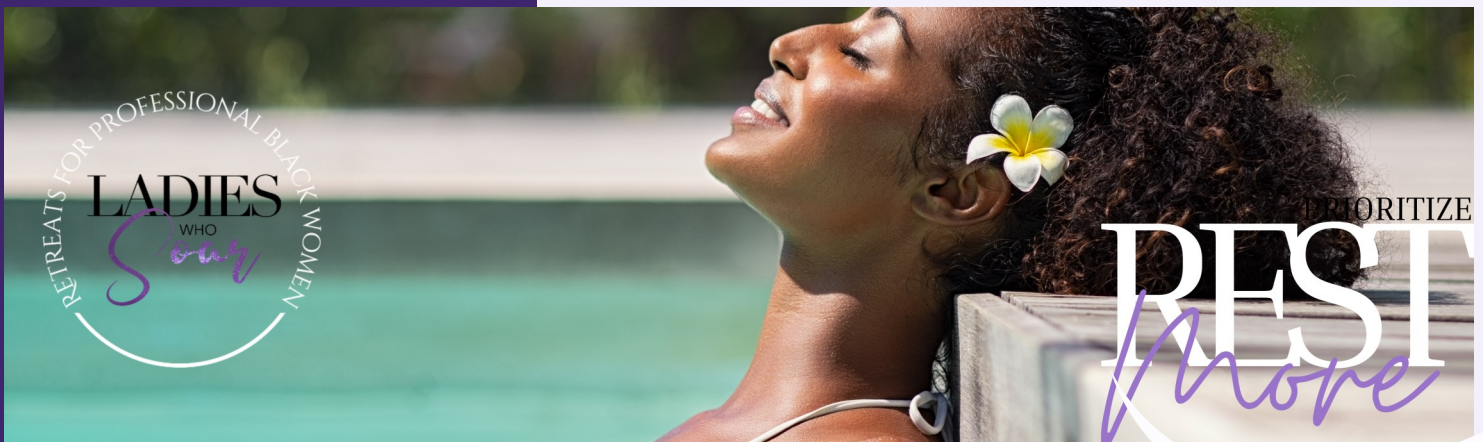
If you don't pick a day to relax, your body will pick it for you.—Unknown

REGISTER ONLINE

To book your next retreat with Ladies Who Soar, simply go to our website, find the wellness retreat that speaks to your heart and put YOU on your schedule. You'll find multiple payment plan options, room selections, and all the information you need to make an informed decision.

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About Ladies Who Soar

“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 Sista 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.



HIGHLITES

EXQUISITE VILLA

La Maison Michelle Villa combines elegance and sophistication with privacy and warmth, providing everything the Caribbean lifestyle has to offer.

PRIVATE BEACH ACCESS

Life is good when you have your toes in the sand and drink in hand. Guests have complimentary access to the Fairmont Beach Club and restaurants.

SOULSHINE

There's nothing like seeing the glow of a woman while she enjoys her replenishing retreat. Your photoshoot will capture it for your memories.



ABOUT BARBADOS

Barbadians are blessed with a rich fertile island, the gentle sway of coconut trees, beautiful weather and miles of soft, pink, sandy beaches. But you already know that...

This is your chance to experience Barbados like never before and enjoy the lighter side of island living. Enjoy every rich treasure that the island has on offer. Delicious fruits and delicate flowers, clear blue waters, excursions, afternoon sun basking and rhythms that infect your mind, set your body tingling and force you to move in time to a pulsating beat.

Barbadians are blessed with a rich fertile island, the gentle sway of coconut trees, beautiful weather and miles of soft, pink, sandy beaches. But you already know that... Join us in June for the Ladies Who Soar Sensational Soul Retreat.

BARBADOS TRAVEL INFORMATION

While enjoying all that Barbados has to offer during your retreat, there are certain customs, laws and general information that you should be familiar with before traveling to the island.

- **AIRPORT:** BGI (GRANTLEY ADAMS INTERNATIONAL)
- **CELL PHONE SERVICE:** Activate the roaming feature prior to arriving in the island. You may also rent a phone from digicel-barbados.com
- **CURRENCY:** US dollars are accepted island-wide and most stores and restaurants accept major credit cards and traveler's cheques.
- **DRINKING WATER:** The water service is reliable and safe to drink.
- **ELECTRICITY:** 115/230 volts 50 cycles. North American appliances will not need converters.



Tentative Itinerary ■

Day 1 Arrival

Arrive at Grantley Adams International Airport (BGI). Your driver will be awaiting your arrival and will deliver you to the villa. Welcome to La Maison Michelle! Enjoy a glass of rum punch and light finger food, settle in and tour the resort. It's time to breathe the fresh air and take in the views. Join us poolside for a **LWS Welcome Dinner**.

Hotel Check-In: After 12pm (noon)

Meals Included: Dinner



Day 2 Island Tour

Start the day off right with a morning rooftop yoga session and healthy chef-prepared brunch. After you refreshen, we'll take a **Private Island Tour** and see the East and North Side of the Island. Upon our return, it's Tea & Rum Punch time. At 6pm we'll head out to dinner at **Ostin's Fish Fry** and enjoy a Bajan experience.

Meals Included: Brunch, Dinner



Day 3 Free Day

This is a great day to sleep in late and let your retreat mindset set in. At 10am brunch is served. For the remainder of the day, you have the flexibility to enjoy the **beach club**, read a book, go shopping or just rest, it's up to you. At 5pm join us for tea & rum punch on the pool deck. At 7pm, we'll head out for **Dinner at a Local Restaurant**.

Meals Included: Brunch, Dinner



Day 4 Beach Day

Brunch at 10am. Then, let's head to the Fairmont Royal Pavilion Beach Club. Wear your big hats and colorful cover-up for a **LWS Beach Day**. Our Beach Party includes complimentary beach chairs and umbrellas. Dip your feet in the sand and enjoy a dose of sea therapy. Meanwhile our server will keep your glasses filled with a cold island beverage and light appetizers that's oh-Soul-Good! The day doesn't end there. At 6:30 dinner will be served poolside and at 8:30pm we'll see you at the **hot tub party**.

Meals Included: Brunch, Light Appetizers, Beverages at Beach, Dinner

Day 5 Catamaran Cruise

Rise and shine to morning yoga and grab a light breakfast refreshment. At 10am brunch will be served. Enjoy your day of lounging and getting much needed rest. Later in the afternoon, get dressed in your best Catamaran attire. From 2pm-7pm, we'll enjoy a **LWS Catamaran Luxury Dinner Cruise**. Prepare to enjoy swimming with the turtles, snorkeling, continuous drinks, and a fine dinner. Whether you go in the water or just sit back and relax, you'll enjoy this fantastic cruise.

Meals Included: Breakfast, Dinner



A WELL-BALANCED LIFE HAS ITS PRIVILEGES!



Day 6 Free Day

Awaken refreshed and enjoy a sumptuous morning brunch at 10am. Then, let's soak in the sunrays and warm up our soul. It's a great day to sunbathe by the pool or go for a dip. Spa and beauty treatments in the afternoon sound like a plan. After you've rejuvenated your temple, get ready for your **professional photoshoot** on the property. Head to the rooftop for a sunset cocktail and enjoy the sounds of the **steelpan musician over our farewell dinner**. This elegant magical night will be one to remember.

Meals Included: Brunch, Dinner



Day 7 Depart

It's time to return home recharged and feeling sensational. Have a healthy breakfast, check out, transfer to the airport and take to the friendly skies.

Meals Included: Breakfast

PAST LWS BARBADOS RETREATS





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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