**🌺 Thrive in Paradise: The Art of Loving and Living**

**October 7–13, 2025 | Barbados**  
*A Soulful Retreat for Conscious Connection, Love & Aliveness*

**✨ Tuesday, October 7 – ARRIVAL DAY**

**Theme: Letting Go / Getting Connected**

**5:00 PM** – Guest Arrival + Welcome Reception

* Villa tour, room assignments
* Schedule 1:1 sessions with Michelle and Jocelyn

**6:00 PM** – Dinner & Opening Circle

* Introductions, intention setting
* Ice-breaker: *“What called you here?”*
* Couples: Share one intention together
* Singles: Share one personal intention

**8:00 PM** – Sound Bath: "Landing in Love"

**❤️ Wednesday, October 8 – A RETURN TO LOVE**

**Theme: Self-Compassion & Connection**

**8:00 AM** – Morning Movement: Yoga + Guided Meditation

**9:00 AM** – Breakfast

**10:00 AM** – Opening Ceremony: Circle of Intentions + Grounding

* Candle Lighting Ritual

**10:45 AM** – **Group Lesson 1**: *Self-Compassion in Self and Relationship*

* Yin/Yang compassion dynamics (individual + relational)
* Breakout: “How do I show up when my partner/self is struggling?”

**1:00 PM** – Lunch

**2:00–5:30 PM** – Free Time + 1:1 Sessions (Coaching, Thai Massage)

**6:00 PM** – Dinner

**7:30 PM** – Partner/Group Exercise: *"Holding Space & Listening Without Fixing"*

**🔥 Thursday, October 9 – FREE TO BE**

**Theme: Conscious Evolution & Relational Visioning**

**8:00 AM** – Morning Movement: Yoga for Emotional Resilience

**9:00 AM** – Breakfast

**10:00 AM** – **Group Lesson 2**: *Mindset, Mindfulness, and Conscious Evolution*

* You as the author of your life + partnership
* Couples + singles breakout reflections

**12:00 PM** – *Designing Your Ideal Life* Exercise

* Includes a version for individuals & for couples

**1:00 PM** – Lunch

**3:00 PM** – Optional Excursion: *Catamaran Cruise & Snorkeling with Turtles* 🐢

**6:00 PM** – Dinner on the boat or post-excursion villa meal

**8:00 PM** – Sunset Meditation: *"Seeing Each Other Clearly"*

**🌐 Friday, October 10 – WE ARE ALL CONNECTED**

**Theme: Integration & Intimacy**

**8:00 AM** – Morning Movement: Partner Yoga + Breathwork

**9:00 AM** – Breakfast

**10:00 AM** – **Group Lesson 3**: *Tending Your Mental Garden*

* Weeds + seeds in relationship dynamics
* Partner journaling: “What I’m releasing / what I want to grow”

**1:00 PM** – Lunch

**2:00–5:00 PM** – Free Time | Optional Excursion (Local Market or Beach Day)

**6:00 PM** – Dinner

**7:30 PM** – Group Exercise: *"A Love Letter to the Future Us"*

* Write & read aloud to partner/self
* Singles write to future beloved

**🌴 Saturday, October 11 – ISLAND LIFE**

**Theme: Joy, Play, and Presence**

**6:30 AM** – Sunrise Meditation: *"Receiving the Day in Gratitude"*

**7:00 AM** – Excursion: Brighton Farmers Market

**11:00 AM** – Return to Villa + Brunch

**1:00 PM** – Beach Hang + Couple’s Photos + Journaling Prompts

* *"What lights us up?"*
* *"What do I want to remember from this moment?"*

**5:00 PM** – Return + Rest

**6:30 PM** – Dinner

**8:00 PM** – Sound Bath: *“Opening the Heart”*

**🌞 Sunday, October 12 – BEING WHOLE & COMPLETE**

**Theme: Completion & Integration**

**8:00 AM** – Morning Movement: Embodied Flow + Intention Setting

**9:00 AM** – Breakfast

**10:00 AM** – Group Integration Circle

* What did I learn? Who am I becoming?
* Couples: “What are we committing to carry forward?”

**11:00 AM** – Workshop: *Radiance of Routines* (Led by Jocelyn)

* Crafting rituals for self & relationship

**1:00 PM** – Lunch

**3:00 PM** – **Closing Ceremony**

* Completion reflections
* Fire Release Ritual
* Candlelight Intention Ceremony

**7:00 PM** – Celebration

**✈️ Monday, October 13 – DEPARTURE DAY**

**Theme: Taking the Flame Home**

**8:00–9:30 AM** – Breakfast & Farewell Gathering

* Light closing remarks from Michelle & Jocelyn
* Share a final reflection, mantra, or word that you’re taking with you
* Optional: final beach meditation, journaling, or last photo moments

**10:00 AM onward** – Departures & Airport Transfers

* Optional: share contacts, join the private group chat, leave testimonials