**Thrive in Paradise Retreat Schedule** *Barbados | August 19 – 25, 2025*

**Day 1: Tuesday, August 19 – Arrival – Letting Go & Getting Connected**

* Guest Arrival & Villa Orientation (5:00 PM)
* Welcome Dinner & Introductions
* Opening Ceremony & Intention Circle
* Sound Bath: Release & Reset

**Day 2: Wednesday, August 20 – A Return to Love – Self-Compassion & Foundations**

* Morning Yoga & Meditation
* Group Lesson: Self-Care Starts with Self-Compassion
* Yin/Yang Journaling & Soul Buddy Sharing
* Free Time or 1:1 Sessions
* Integration Ritual: Letter to Your Inner Child

**Day 3: Thursday, August 21 – Free to Be – Mindset & Visioning**

* Morning Movement
* Group Lesson: Mindset & Conscious Evolution
* Vision Mapping: Designing Your Ideal Life
* Ocean Healing Cruise (Optional)
* Evening Sound Bath: Embodying the Future Self

**Day 4: Friday, August 22 – We Are All Connected – Releasing Limiting Beliefs**

* Authentic Self Sharing Circle
* Soul Buddy Coaching: Letting Go of Old Beliefs
* Free Time or Island Excursion
* Evening Somatic Repatterning Session

**Day 5: Saturday, August 23 – Island Life – Living Aligned**

* Sunrise Meditation & Market Excursion
* Beach Time + Island Lunch
* Partner Inquiry: Old Identity vs. New Self
* Restorative Movement & Reflection

**Day 6: Sunday, August 24 – Being Whole & Complete – Integration & Celebration**

* Group Lesson: Tending Your Mental Garden
* Workshop: Radiance of Routines
* Free Time or 1:1 Sessions
* Closing Ceremony: Fire Ritual & Candlelight Intentions
* Celebration Dinner

**Day 7: Monday, August 25 – Return – Embodying the New**

* Breakfast & Final Reflection Circle
* Soul Buddy Goodbyes
* Departure

**What’s Included:**

* All meals by a private chef (nutrient-rich, island-inspired)
* Morning yoga, daily group workshops, evening sound experiences
* Group excursions, 1:1 coaching or massage session
* Retreat workbook + integration practices

**Optional Add-ons:**

* Additional coaching or healing sessions
* Extra excursions or spa services
* Extend your stay at the villa

**Join us in paradise and rediscover your authentic self.** 🌴