

You're  
Invited!

**IDENTITY. LEADERSHIP. AI.**  
Peekskill Women's Retreat

**October 25-27**

Two Nights  
Coaching  
AI Training  
Yoga  
Meals  
Magic



# Arrival

**IDENTITY | LEADERSHIP | AI**

## **Friday - Settle In**

6pm Check in

7pm Dinner

8pm Restorative Movement

*Friday night arrival is encouraged. I will help coordinate pick up from the train. We will gather, dine, and repose.*

*Accommodation: Kimber Casa or Hotel*

*Limit: 10 attendees*



# Agenda

## Day 1 - Saturday

8am Breakfast and Coffee

9am Welcome

Group Coaching - Identity

12pm Lunch

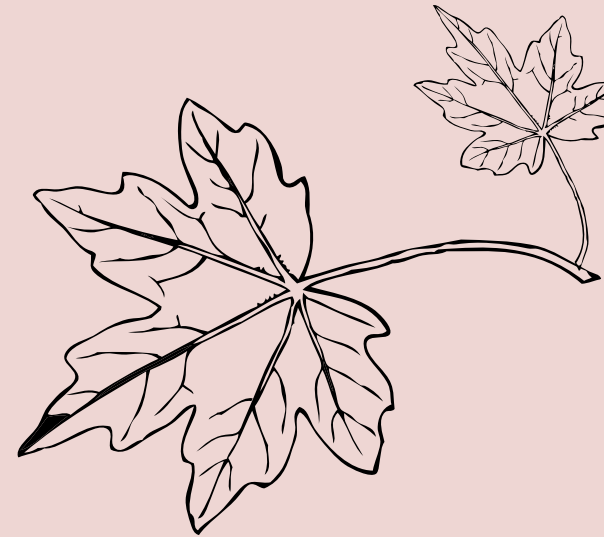
Afternoon Run/Hike/Walk\*

Group Learning Session - Ai

Yoga and Reflection

7pm Dinner

8pm Restorative Movement



# Agenda

## Day 2 - Sunday

Morning Run/Hike/Walk\*

8am Breakfast

9am Morning Reflection

Group Coaching - Leadership

Yoga and Power Poses

Closing

**Check out: 12pm**

*\*1:1 Coaching can be booked for an additional fee*

