



AWAKEN IN PARADISE!

LADIES-ONLY RETREAT
APRIL 25-28, 2019 • SAN DIEGO, CA

HELLO!

Did you know there is scientific proof that girls' trips are good for your health? Beyond a vacation, retreats are a place for a woman to step out of her everyday life and come to a place where she can awaken with a sense of freedom to focus on her needs and live her life on her terms. If you or a special woman in your life could use a positive boost, read on.

This April, our good friend and Professional Healthy Life Coach, Barbara Murphy-Shannon, is hosting a unique retreat in paradise. Nestled in an oasis just steps away from the ocean, you and other like-minded women will experience beautiful accommodations,

healthy delicious food, relaxation, life coaching workshops swirled together with fun and adventure.

During this 4-day/3-night ladies-only journey, workshops are designed to breathe new life into your being, rejuvenate and AWAKEN your body, mind and soul. Barbara's programs are based on you, where you are in your life and where you would like to be. No prerequisites. Whether this is your first retreat or your 100th, you won't want to miss this one!

Tickets go on sale to the public soon and space is very limited. Let us know if you are interested!

My best,

Victoria Zindell



ABOUT YOUR HOSTS

BARBARA MURPHY-SHANNON & JENNIFER EMPERADOR

Barbara Murphy-Shannon, Professional Healthy Life Coach

Barbara is the founder of BMS Coaching with her Graduate Certificate in Life Coaching from Grand Canyon University and is pursuing her Master's in Psychology with a Life Coaching Emphasis. She has over 30 years experience in the wellness and health industry. She helps her clients with motivational strategies to prompt behavioral change to resolve doubt so they can achieve personal growth and live their best life. Her coaching philosophy and belief is you need to maintain a healthy balance between body, mind, and spirit by nurturing the whole self, including physical, mental, emotional, and spiritual needs.

Jennifer Emperador, Professional Healing Coach

Jennifer is the founder of Sol Discovery and Instructor at The Southwest Institute of Healing Arts. She specializes in the healing of trauma and PTS(D) and helps her clients reclaim their lives through the integration of emotional regulation, energy work, mindfulness, resiliency, and somatic psychotherapy techniques. Yoga instructor, Usui Reiki Master, EFT Practitioner, and Pranic Healing Practitioner. It is her belief that when the mind, body and spirit work are in harmony, anything is possible.



COST, DATES & LOCATION

EARLY BIRD PRICING THROUGH FEBRUARY 22, 2019

Location:

Paradise Point Resort San Diego
1404 Vacation Rd, San Diego, CA 92109

Dates/Times:

Thursday, April 25, 4:00 PM – Sunday, April 28, 11:00 AM

Pricing:

Solo Room: \$2,041/pp

Book by February 22, 2019 and receive a \$200 discount (reflected in shown price) plus a 30 minute coaching session.

Shared Room (two queen beds): \$1,592/pp

Book by February 22, 2019 and receive a \$200 discount (reflected in shown price). If you don't have a companion by March 15th, additional fee applies. Barbara and her team are happy to assist in matching you with a companion.

Deposit: \$750

Reserve a solo or shared room before full purchase.

I'M INTERESTED!



VICTORIA ZINDELL

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