Relax, Release & Breathe Retreat

The Experience

May 13 – 15, 2022

YOUR RRB Retreat Hosts...

L.A. Roberts

Kimberly Thomas Massey

Renee Hutcherson Lucier, CMC

Relax

Join us for *The Experience* giving you an amazing time to unwind, exhale and relax. This is the getaway you've been waiting for. It's your opportunity to leave behind all the stress and worries that have stolen your peace. Forget about what's outside. Turn off your phone. Disconnect your mind. Your time here will be unforgettable. On Day 1, enjoy wine tastings, good food, great conversation, a few laughs and a healing massage at this tailored event, exclusively created with you in mind.

Release

On Day 2, our team will guide you into a day of release... to get loose from what holds you down -and- let loose of what keeps you bound. You will then form a deeper relationship with *your Self*, freeing all of you from everything that's not for you. You will affirm that all is possible as you shift your focus and powerfully profess your truth. This day is designed to spark a desire deep within your soul that moves you to...

1. GIVE your *Self* permission;
2. AFFIRM your authority;
3. *LET GO* of all that doesn't serve you;
4. DECLARE what's rightfully yours; and,
5. EXPRESS gratitude, forgiveness and LOVE.

Breathe

Did you know that breath is LIFE? The average human breathes in twelve to fourteen times a minute. When done properly, breathing promotes healing in our bodies; and without it, we perish. We can go for weeks without food…days without water…but only minutes without oxygen.

On Day 3, prepare to journey with us as we shore up your process of breathing deeply to promote peace-giving relief, restoring detoxification and invigorating relaxation. This level of breathing will bring about a more energized and productive version of YOU. When *The Experience* concludes, you will choose carefully what you inhale and commit more fully to your exhale, so you…

Restore your S*elf* to its fully functioning state of bliss.