

# The Reset Retreat

Saturday, September 20- Sunday, September 21<sup>st</sup>



Autum Equinox is prime time for a reset. Harvest time is when we **Reflect** and show gratitude for all we have reaped and the ways in which we've grown. We **Release** and let go of what no longer serves us as we usher in a new season. It is a time to plan for the future season, a time for **Reset**.

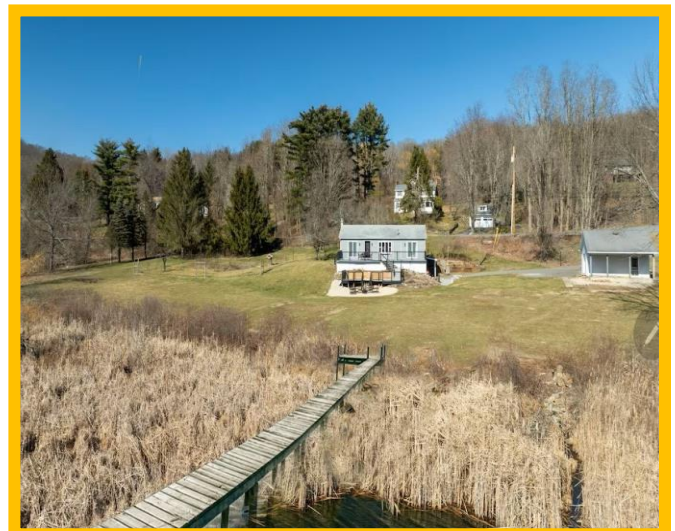
Join your favorite life coach, Dr.Boz, for a 26-hour coaching intensive for women. You will be guided and supported as you prepare for your **Reset**, whether it be personal or professional. Through small group coaching, reflection activities, and intention setting, you will acquire new perspectives and strategies, creating your personal pathway towards **Making SHIFT HAPPEN**. In the spirit of equal night and day, we will balance intensive inner work with rest and play. Three meals and accommodations included at a lakeside home in Upstate New York.

**Reflect, Restore, Release,  
Reconnect, Rest  
Reset**

Your 26-hour Coaching Retreat begins at 9:30am with your swag bag and breakfast, followed by a 2-hour group coaching session, free time, and a light movement activity before lunch. After lunch will include will be a 90-minute group coaching session, and additional free time before dinner. After dinner there will be a one-hour fun activity, then the rest of the evening is yours. There will be 3 opportunities during the day to schedule a 10 minute, one on one with Dr.Boz.

Sunday will begin with a continental breakfast, followed by a one-hour group coaching session. Next will be an optional light, restorative yoga session. The morning will end with a commitment activity before 11:30 a.m. departure.

Only 6 to 8 slots depending on rooming preferences.



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**Other options:**

**Early arrival-** Make it a weekend and arrive early Friday event (any time after 5:00 pm). Go shopping or out to lunch. Arrive to light snacks and get settle. The night is yours to do what you'd like.

**Day Pass Only-** Not feeling overnight or short on time? No problem. Enjoy all of Saturday's activities from 9:30 am to 5pm. End with a separate closing activity. Breakfast and lunch only. 8 slots available

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*Got H.E.R.S*  
Get More Coaching  
with Dr.Boz

email: [brendaschild@brendadschild.com](mailto:brendaschild@brendadschild.com) to register. Payment plans available for overnights.

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<b>Early Bird Pricing:</b>	<b>Until May 31<sup>st</sup></b>	<b>Starting June 1<sup>st</sup></b>
<i>Saturday a.m. Arrival</i>		
Shared Queen Bed (1-2 slots)	\$399	\$449
<i>Arrival Friday Night</i>	\$479	\$519

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**SHARED SPACE-bring a friend or meet someone new.**

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<i>Saturday a.m. Arrival</i>		
Queen Single Bed Only (1-2 slots)	\$599	\$649
<i>Arrival Friday Night</i>	\$689	\$749

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<i>Saturday a.m. Arrival</i>		
2 Bunk Bed Twin beds (4 people to a room)	\$249	\$279
<i>Arrival Friday Night</i>	\$ 329	\$359
Day Pass 9:30am to 5:30pm	\$149	\$179

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**Shift your Mindset,  
change your life.  
You are worth the work!**

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