

Greetings Dear Friends!

We, Jennifer Mills and Becky Bickford, are very excited to share with you that we are ready to travel to Jamaica for our fourth year of sacred women's gatherings in Treasure Beach! We hold deep intention for connecting with women for an eight-day, seven-night experience in a tranquil corner of beautiful Jamaica, March 18 through 25, 2016!

[Click here for the event website](#)

Our mission for these trips is to celebrate, honor, and nourish ourselves deeply as powerful, thriving women during these dynamic times. We intentionally schedule these retreats in relationship with the Spring Equinox, a time to honor new growth, promote balance, and to discover the limitless potential within. Our plan is to disconnect from the pressures of daily "reality" so that we can reconnect with our true nature. Retreat experiences with past participants have created opportunities beyond what we could have ever imagined.

Over and over again, we are reminded about the collective power of intentional gatherings. This is a dynamic opportunity not to miss if your heart calls out to join us.

Our "home base" in Treasure Beach is [Calabash House](#), a spacious, art-inspired bed and breakfast nestled in a quiet, nurturing region on the South Coast of Jamaica.

From Calabash House we will host a number of activities. Program cost will include:

- Eight days and seven nights lodging at the Calabash House B&B, an art-inspired, beachfront inn
- Ground transportation between Montego Bay Airport and Calabash House on Friday, March 18 and the following Friday, March 25 (airfare is not included and must be arranged by each participant)
- In-house chef Suzet Campbell will provide delicious, local fare (average three meals per day, excluding excursion and arrival & departure days)
- Dance, Yoga, Energy Medicine, Guided Meditation, QiGong, and Writing Workshops led by Jen and Becky
- Visual art workshop with artist and Calabash House owner Elizabeth Eyre Seltzer
- Intentional time set aside for Sacred Ceremony throughout the week
- Facilitated discussions and activities to enhance participants' personal growth
- Experiencing the local culture with an enlivening boat excursion to the Black River and [Pelican Bar](#)
- Connecting deeply with nature with an excursion to the beautiful [YS Falls](#)
- Free time for swimming, resting, connecting with the self, and other participants

**Additional opportunities available
to you for an additional cost:**

- Experiencing local culture, shopping, restaurants, bars, outdoor movies, and live music all within walking distance of Calabash House
- Spa services, including massage, can be arranged with local practitioners upon request

**We can accept up to 14 participants for this retreat
with the cost depending upon accommodations**

\$1225 - You will sleep in a double bed with another person and share the room with others. (You must have another participant who is registered, and who agrees to share the bed with you in order for this option to be valid.) OR you will sleep alone in a single bed and share the room with others.

\$1375 - You will sleep in a double bed with another person and the two of you will have your own room. (You must have another participant who is registered, and who agrees to share the bed with you in order for this option to be valid.) OR you will sleep alone in a double bed and share the room with others.

\$1525 - You will sleep alone in a double bed in your own room.

**We accommodate reservations, bed, and room preferences on a first-come first-serve basis
with initial deposits of \$500 per person due upon receipt of commitment.**

If you are interested in going on this incredible journey, please let us know and we will send you the registration form and further details. Spaces fill quickly! We ask for you to act soon as we anticipate this retreat will be completely full once again!

Also, if you happen to know a woman who may be interested in joining us, please share this message with her! Thank you in advance.

* * * * [Click Here to Learn More](#) * * * *

With great love and humble blessings of gratitude ~

Becky Bickford & Jennifer Mills

Call 814-421-1180 or 814-602-3301