2024 FRESH START RETREAT

Retreat Includes:

- Retreat content
- Materials
- Shared Accomodations in Jennie's Home
- Meeting space
- Wine and charcuterie welcome gathering on Friday afternoon
- Breakfast Saturday and Sunday
- Lunch on Saturday
- Tea, coffee and snacks for breaks
- Sunset cruise (Retreat #1) Hot Springs (Retreat #2)
- Beach walk

***Airfare, uber to and from the hotel/airport/Jennie's house, and dinners are not included.

Dates/Times: (Feel free to arrive a day early or stay a day late to enjoy exploring Santa Barbara!)

- Retreat #1 begins promptly at 3pm PST on Friday, February 16 and ends at 1pm PST on Sunday, February 19.
- Retreat #2 begins promptly at 3pm PST on Friday, July 12 and ends at 1pm PST on Sunday, July 14.

Location:

- 955 Via Esparto, Santa Barbara, CA 93110 (Our home is 8 minutes from the airport. Uber is available.)

What to bring:

- Computer, Journal and pen
- Slippers (our floors can be chilly)
- Comfy clothes that are layered to enjoy our sessions in (it can still get chilly and hot here by the ocean air!)
- A dress or fun outfit for dinners out if you desire to dress up a little. Santa Barbara is a casual beach city, so please be comfortable.
- Warm, windproof jacket for the sunset cruise
- Sunglasses

- Sunscreen

- Walking shoes (we'll take a nice walk Sunday that includes an incline so please bring shoes with good traction)
- A favorite healthy treat to share with the group!
- $ for dinner Friday and Saturday.
- An object that symbolizes what this last season has been like for you and another object to symbolize what you hope this year will become for you

Meals (Please let me know if you have any dietary restrictions or allergies.)

- Charcuterie Welcome Gathering (provided)
    - Wine or sparkling lemonade
    - An array of cow and goat's cheese
    - Gluten-free and regular crackers
    - Nuts
    - Dried fruit
    - Strawberries or grapes
    - Chocolate
- Saturday's Lunch (provided):
    - Gourmet Bristol Farms gourmet sandwich of choice (gluten-free available) with chips and fruit
- Breakfasts (provided)
    - Whole grain, local breads (gluten-free bread available)
    - Spreads, jams, cheeses
    - Boiled eggs
    - Yogurt (Dairy and Dairy-alternative)
    - Fruit
- Dinner on Friday and Saturday (not included):
    - I invite us to consider dining together, but if you are introverted and need or want the alone time, you may plan to dine on your own. These are three of my personal favorite restaurants in town!
        - Convivo
        - Zaytoon
        - Reunion Kitchen & Drink

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SCHEDULE

Day 1

- Welcome and get to know you appetizers
    - Friday, February 16 from 3-4:30 pm
- Setting our Intentions for the Journey
    - Friday, February 16 from 4:30-6:00 pm
- Dinner - on your own
    - Friday, February 16 from 6:00-8:00 pm
- Girls' Time
    - Friday, February 16 from 8:00-10:00 pm
- Quiet Time
    - Friday, February 16 from 10:00 pm

Day 2

- Community Breakfast (provided)
    - Saturday, February 17 at 9:00 am PST
- Gentle Self-Care (worship, prayer, meditation, yoga or quiet time)
    - Saturday, February 17 at 10:00 am PST
- Group Session
    - Saturday, February 17 at 11:00 am PST
- Lunch Onsite (provided)
    - Saturday, February 17 at 1:00 pm PST
- Sunset Cruise (Retreat #1) and Hot Springs (Retreat #2) (provided)
    - Saturday, February 17 at 3:00 pm PST
- Dinner (on your own)
    - Saturday, February 17 at 6:00 pm PST
- Girls' Time

    - Saturday, February 17, from 8:00-10:00 pm
- Quiet Time
    - Saturday, February 17, from 10:00 pm

Day 3

- Sunrise beach walking (Bring a protein bar or pastry if you'd like!)
    - Sunday, February 18 at 7:00 am
- Community Breakfast (provided)
    - Sunday, February 18 at 9:00 am
- Gentle Self-Care (worship, prayer, meditation, yoga or quiet time)
    - Sunday, February 18 at 10:00 am
- Group Session
    - Sunday, February 18 at 11:00 am
- Saying Goodbye
    - Sunday, February 18 at 1:00 pm