



N.E.W. Body Sacred Retreat Itinerary

Dates: August 15–17, 2025

Location: The Westin Beach Resort | Jekyll Island, GA

Theme: Nourish. Elevate. Wholeness.

Where movement meets mindfulness, and sisterhood meets the sea.

Resort Fee Includes: (daily) Two beach chairs & umbrella, Two Bikes, (4 hour max) Beach & Pool Service

DAY 1: NOURISH

Friday, August 15

Focus: Grounding, Connection, Setting Sacred Intentions

- 4:00 PM Guest Check-in
- 5:30 PM – 7:00 PM | Welcome Retreat Guest at Salty's by the Pool

Refreshing beverages, coastal views, and light mingling on the terrace.

- 7:30 PM - 9:00 PM | Welcome Dinner

Westin shuttle to chauffer retreat guest to The Wharf for delicious seafood.

- 9:00 PM – 9:30 PM | Sunset Sisterhood Circle

Opening ritual with grounding breathwork, journaling prompts, and sound bath.

- **Optional** Evening Activity: Moonlit beach walk
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DAY 2: ELEVATE

Saturday, August 16

Focus: Joyful Movement, Empowerment, and Soulful Expression

- 7:30 AM – 8:00 AM | Sunrise Mindful Meditation Beach Walk & Journaling

Gentle breathwork and morning prompts to awaken your inner light.

- 8:00 AM – 9:30 AM | Fusion Fitness & Flow Yoga on the Beach

An energizing blend of yoga, mindful movement, and stretching.

- 9:45 AM – 10:45 AM | Breakfast & Nutrition Talk - Willet's Lowcountry Restaurant

Mindful eating with vibrant coastal cuisine and meaningful connection.

- 11:00 AM – 12:30 PM | Empowerment Workshop

“Rise & Radiate” circle with reflection, sacred sharing, and embodied self-expression.

- 12:30 PM – 7:00 PM | On Your Own Time | Meet back up at 7:00 PM
- Self-care Suggestions: (Ouida will be hosting a bike tour to Driftwood Beach 1 PM meet in front of hotel)



Spa therapies – Spa Cabana 912-771-6529



Biking along scenic trails – Front of hotel



Horseback riding on the beach – 912-635-9500 (must book reservation 2 weeks prior)



Poolside or rest on the beach

***Other suggestions: Dolphin Tours – 912-635-3152 | Trolly Tours 912-635-4036 | Golf 912-635-2368**

- 7:00 PM – 8:30 PM | Fun Fitness Games by the Shore & Sunset Release Ceremony

Playful movement to spark joy and release tension. Let go of what no longer serves through a powerful ritual using journaling and the ocean,

DAY 3: WHOLENESS

Sunday, August 17 | Closing at 10:00 AM

Focus: Reflection, Gratitude, Integration

- 7:30 AM – 8:30 AM Closing - Gentle Yoga, Breathwork, Sound Bath on the Beach

Gentle movement, guided meditation as you visualize with sacred sound bath and ocean waves.

- 8:30 AM – 9:30 AM | Farewell Breakfast & Wholeness Circle

Group reflection, gratitude sharing, and next-step journaling.

- 10:00 AM | Check-Out & Depart Radiantly Renewed