

# Experiential Retreat

*a journey of awakening*

April 28 - May 1

Life can be busy! It's hard to create the time and space we need for ourselves. This retreat is all about being away from the routine of home so you can dive deep into yourself, explore what is holding you back, and simultaneously step into who you have always been - all while being a part of a small, intimate group of women. Jenni will guide you through amazing meditations and breathwork sessions, help you identify your limiting beliefs and talk to you about how to start living life at your highest potential. You can take advantage of an energy healing session, some quiet time and journaling. You will leave the retreat feeling energized and with the clarity you need to step into 2022 in the highest version of you!

***"The most important journeys are the ones we make inward."***

**- Eckhart Tolle**

**Cost:**     \$595 - Your own room                      \$495 - Share a room  
(Includes all meals and lodging)



*Jenni*  
BYRD GRIER

Jenni has led hundreds of people, both domestically and internationally, through experiential retreats and workshops sharing her knowledge as a leadership development coach, meditation and mindfulness coach, and certified breathwork coach.

*"I just have to take a moment to say WOW what a huge shift I have felt in my life and in my business since coming home from the retreat. I feel like I was driving a car that was stuck in park and now I have shifted into gear. I just want to say thank you for allowing us the gracious space to step into our greatness. You are such a gift!"*

*"It's hard to truly put into words the shift that is created when the light comes on and you realize that you have had this power within you all along. I feel transformed."*