

# COURAGEOUS LIVING RETREATS ~ SAN FRANCISCO, CA

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## How much FUN can you have?

Courageous Living Retreats are designed with one question in mind: **How much FUN can you have ?** Think good food, good conversation, time to nap in a patch of sun, time to play in a vibrant city, time to write, time to sketch, time to take beautiful pictures, time to connect with other like-minded souls who are using this time together to rest, re-boot, re-charge.

These women's only retreat weekends are held during select weekends in 2010 in San Francisco (as well as in Florence, Italy—visit the website for details). You don't need to “do” anything other than expect to spend time relaxing, nurturing you. Outings will be available as a group, or you can elect to get the rest you need in a quiet, natural environment. Whether you choose a comfy bed with a book or a photowalk in the city, you get to indulge in what nourishes you—a courageous choice for self-care that, in return, allows you to live bigger when you return to your everyday life.

## SO much is included in this workshop—lodging, meals, and more!

A **Courageous Living Retreat** gives you the opportunity to spend a weekend relaxing and having fun. As a side benefit, you might:

- Get clear about what needs to happen in your every day life to wake up in the morning feeling excited about the day.
- Bring self-care into the forefront of your life, enabling you to also give more care to the people you love.
- Tap into passion and play.
- Take time to indulge in a weekend of creativity.
- Explore the beautiful city of San Francisco, California.
- Connect with other women who are interested in living big, being creative, and connecting with both time for rest and time for adventures.
- Eat amazing food by a catered chef who specializes in flavorful dishes (accommodations can be made for vegan, gluten-free, and dairy free options).

Taking a weekend away is a great gateway for looking at shifting old patterns and gaining perspective. The city of San Francisco—vibrant, colorful, full of **life** and a visual feast—is a great environment for **play** and **inspiration**. Together, with this combination of play and rest, you have the space to dream big, **PLAY**, ask big questions, and discover the answers that work for you!

**Schedule:** Arrive around 3:00pm on Friday afternoon (both local SF Bay area residents and out-of-towners can participate—*just note that this is a women's only retreat, and it is also a non-smoking retreat*). The retreat officially begins

that evening at 5:00pm. Saturday morning, we have breakfast and spend the day together, both on the grounds as well as in San Francisco. The workshop ends at 11:00am on Sunday, when we'll talk about how we want to connect after this weekend, and say our goodbyes (and our **hellos** to the new journey, which starts when we take what we've discovered and put it into our lives).

**To register:** *Space is currently wait-list only!* Please contact me at [kate@yourcourageouslife.com](mailto:kate@yourcourageouslife.com) to be placed on the wait-list.

A \$300 non-refundable registration fee is due at the time of registration. The deposit is applied to the total cost of the retreat. An installment plan is available for the balance.

**Costs:** The total cost for the workshop is \$600. It *includes* :

- lodging on Friday and Saturday nights. Rooms are shared, but all accommodations are comfortable and indoors (real beds--no sleeping bags or air mattresses!).
- breakfast and lunch on Saturday
- breakfast and lunch on Sunday
- transport to/from San Francisco and the retreat space for our Saturday trip
- A photoshoot portrait session
- Also included is a JourneyBook, a special book for you to use to record notes and insights during your journey. This book will also include special maps and guides to the city of San Francisco.

We will have dinner at a restaurant on Saturday evening, and it is estimated that this will cost approximately \$30. You may also want to bring \$20-50 cash for miscellaneous, on-the-go things such as grabbing a bottle of water while you're out and about, or taking a cable car ride in San Francisco. **A payment schedule is available** for the balance that remains after the deposit is applied, to help you budget your expenses.

**Contact:** [Kate Swoboda](mailto:kate@yourcourageouslife.com), 510.827.0303 or [kate@yourcourageouslife.com](mailto:kate@yourcourageouslife.com)