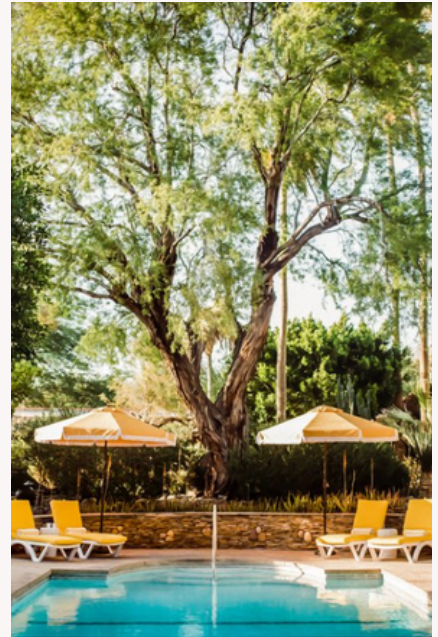


# TAKE UP SPACE

## WOMEN'S RETREAT

DESERT HOT SPRINGS, CA

MAY 2 - 5 TH, 2024



*A weekend dedicated to the woman who is ready to let her light shine*

Have you ever found yourself:

- ? Afraid to share your thoughts, fearing that someone else knows better?
- ? Staying quiet for fear that you will make others uncomfortable?
- ? Holding yourself back so that you can stay relatable or belong?
- ? Desire a bigger or bolder life?
- ? Play down your strengths?
- ? Judging other women as arrogant or selfish for pursuing their ideas?
- ? Yet, resentful, disillusioned, frustrated?

If you answered yes to any of the above, you are not alone. In fact, this is an all-too-common experience for women in our society. We are trained to play small, to defer to others and judge those who do the opposite.

But our smallness comes at a price. We feel resentful, dissatisfied, sad, lonely and stuck. When we dim our light it doesn't benefit anyone, least of all, ourselves.

But what if there were a different, kinder, more generative way? One that filled us rather than depleted? One where we unapologetically shared our light, and in turn celebrated others who do the same? What if we allowed ourselves to take up space?

Imagine . . .

✦ Confidently pursuing what lights you up

✦ Using your voice to speak your truth without fear of making others uncomfortable

✦ Letting your light (and your bright ideas, visions and thoughts) shine knowing their value and importance

✦ Setting boundaries. ...

✦ Supporting other women. ...

✦ Owning your success. ...

✦ Practicing self-love. ...

**Now, this is Taking Up Space!**

If you, too, long for this, then I Invite you to share in this special weekend. A 4-day/3 night Intensive where we will examine this shared experience and use it as a road map to expand our light, all under the spacious skies of the California Desert.

This weekend of luxury, pampering, nourishment, laughter, joy, rest and contemplation will enable you to come back home claiming your space and the woman you came into this world to be.

You will emerge with a renewed sense of

- love and admiration for yourself
- the clarity and confidence to own your vision
- the tools to implement lasting change.
- PLUS! A community of like-minded women who are in your corner long after our weekend.

Imagine all of this AND . . .

\*A weekend in the desert sun, strolling the grounds of a private boutique resort

\*Soaking in the healing properties of the 2 natural hot mineral spring pools

\*Enjoying intentional and delicious meals prepared by a renowned chef.

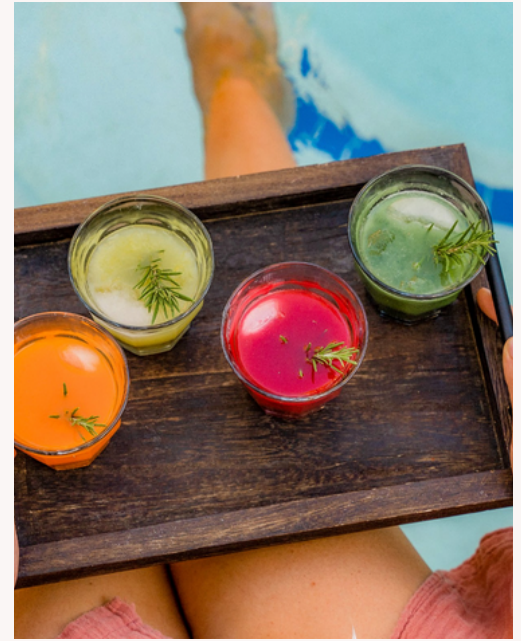
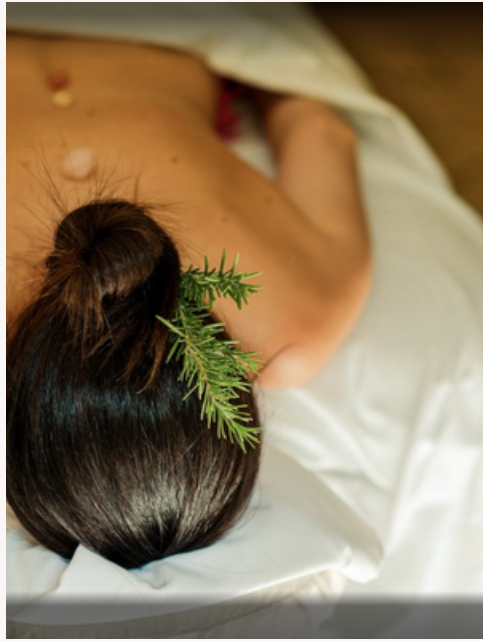
\*All the tension leaving your body as you melt into your personalized spa treatment.

\*Breathing in the fresh desert air and compelling landscape of nearby Joshua Tree National Park.

\*Restful sleep in your thoughtfully designed and comfortable room

\*Daily restorative yoga and meditation

\*Time for YOU



This special offering is intentionally personal and intimate so the number of participants is limited. Whether this is an experience just for you or one you'd like to share with a friend, reserve your space before it fills.

#### Your Investment includes:

- 3 nights lodging and private use of the premier Good House Resort in Desert Hot Springs, CA
- All meals specially curated by the resort's highly trained chef
- Wine and beverages to accompany each meal
- Happy Hour each evening, including wine and small bites
- 1 Signature Spa Massage
- Excursion to Joshua Tree National Park (with Sack Lunch)
- Daily Restorative Yoga and Meditation practice
- Unlimited soaking in the medicinal natural mineral hot spring pools
- Unlimited access to the healing dry sauna
- Unlimited use of all amenities The Good House has to offer (hammock, day beds, dry sauna, fire pit, lush gardens and more)
- Relevant and thoughtful group coaching workshops
- All taxes, gratuities, fees

*This is your invitation to let yourself shine as you were meant to. There is room for us all and I so look forward to sharing in this special weekend with you! It's time for you to Take up your space.*



**With our private use of the resort, there are 6 rooms available . . .**

1 Suite that Sleeps 3+ with 2 Queen Beds + 1 King Bedroom. Ideal (and reserved) for group traveling together.

- For 3 guests, \$1665 per person
- 4 Guests, \$1580 per person
- 5 guests, \$1544 per person

5 King Rooms, with private kitchenette, bathroom and terrace

- 1 Guest, \$2285
- 2 Guests, \$1820 per person

**\*Transportation to and from the resort is not included\***

(Dates of retreat align with Avelo flight schedule from Redmond, OR)

### **Strict Cancellation Policy:**

- \$300 non-refundable deposit per person required to reserve space
- Full Payment due 1 month in advance of retreat, April 2, 2024
- Cancel before April 15th, receive 25% back
- Cancellations after April 15th are not eligible for refunds
- Payment Plans available. Email Jill for details, [info@jillrosecoaching.com](mailto:info@jillrosecoaching.com)

## Tentative Retreat Schedule

### Thursday May 2nd

3 - 5pm Arrival to resort, greeted with light Happy Hour  
5 - 6:30pm Opening Circle  
7pm Group Dinner

### Friday May 3rd

7- 8 am Breakfast/Coffee Service  
8 - 9:30am Yoga and Meditation practice  
9:30 - 11am Workshop  
12pm - 4pm Lunch + Free time  
4pm Happy Hour  
5pm Workshop + Meditation  
7pm Group Dinner

### Saturday May 4th

7-8am Breakfast/Coffee Service  
8 - 8:45 Yoga  
8:45 - 10am Workshop  
10:30am Excursion/hike/picnic in Joshua Tree National Park  
5pm Return from Joshua Tree for Happy Hour  
6pm Yoga Nidra  
7pm Dinner

### Sunday May 5th

7am Coffee Service  
8am Yoga and Meditation practice, Closing Circle  
9:30 am Brunch  
11am Check out

\*Jill reserves the right to shift times as needed

## Here's what past retreat participants have to say . . .

“When Jill Rose announces she is offering a retreat, I've learned to say yes first and then clear my calendar! Every retreat experience with Jill as our guide has left me positively changed. Jill's wisdom and coaching has unlocked something transformative for me... on her retreats I feel safe and held through discomfort and growth, I receive the wisdom right for my spirit not just from Jill but also from the other amazing participants, and emerge rested, restored and renewed! Thank you Jill for helping me remember I am worthy, we are worthy - of this gift!”

“Attending Jill's retreats is one of the ways I look to stay healthy and resilient in a time of natural transition in my life. Her gift is a unique blend of ease, warmth, humor and strength that guides women through their own self examination. I walk away re-committed to what I want and where I want to focus my energy. She is clearly passionate about what she does and she attracts women of all backgrounds with similar life passions. Needless to say, it is a restorative weekend with great food, yoga and rest but also a ton of laughs and fun. Thanks Jill Rose!”

“I didn't know Jill prior to the retreat I attended. I can honestly say I have a new role model~Jill has an indescribable aura that you have to experience to fully understand. She's welcoming, caring, supportive, peaceful, and so damn fun!! Jill is, simply put, the most genuine, loving person. When she hugged me goodbye she made me feel like a life-long friend was hugging me. This retreat was a financial stretch for me, as a single mom, but it was one of the best ways I've spent money on myself. I'm already saving for my next retreat! If you have the opportunity to attend a workshop, retreat, or coaching services with Jill, FIND A WAY to make it happen.”

“Jill Rose is not only a skilled coach and facilitator, she is a master at connection. Connection with oneself, connection with others, connection with her. The workshops are full of laughter, tears, and all the emotions that come with being seen and seeing yourself. She beautifully guides women on a journey that is incredibly personal even though it is in a group setting. She holds space for each person allowing for vulnerability and reflection in a way that feels safe and empowering. Any group or organization that works with Jill will come away better as a community and individually.”



## About Jill:

Jill Rose is a Life Coach, Speaker and Facilitator who loves nothing more than watching a woman unapologetically shine. Amidst a backdrop of a culture that often demands women play small, please and strive, she is passionate about helping her clients restore their energy and power so that they can lead the lives they were meant to; ones filled with confidence, ease and so much joy.

As a recovering achiever, hustler and striver herself, and a woman who danced around her own power for years, Jill knows the feeling of seemingly always pushing a boulder up a hill to get or be what she desired and the longing for something more. Through much personal trial and error, she came to know a simpler and sweeter path.

This sweeter path of ease not only found her more productive, directed and passionate than ever before but wildly curious about the counterculture concept of Rest; a beautiful and direct vehicle to one's own power.

Jill's foundational belief is that all that we seek lives squarely within and her role is to simply help her clients reconnect to that innate wisdom, or as she calls it, their "Inside Voice". Through her work with her clients 1:1, her group coaching program, Rest, Restore & Rise, her bi-annual women's retreats and her facilitation work with professional organizations, Jill is dedicated to helping her clients know their own value, worth, brilliance and importance so that they can rise into the women they came to be and by doing so, inevitably enrich and raise those around them.

In addition to her beloved work, Jill is a wife, a mother, a baker, a walk-taker, a yogi, a voracious reader and an occasional knitter who's goofy labs are always nearby.

For more information:

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