

USE YOUR INSIDE VOICE WOMEN'S RETREAT

DESERT HOT SPRINGS, CA
OCTOBER 23 - 26TH, 2025

A WEEKEND DEDICATED TO RECONNECTING YOU TO
YOUR . . .

DESIRES * DREAMS * ENERGY * PURPOSE * POWER * JOY

A woman's most powerful tool is her innate seat of wisdom; her intuition. Yet, it often gets
drowned out by the louder, external noises.

Yet when we move from our Inside Voice; that seat of inherent wisdom, we are on the
direct path to the life of freedom we crave.

A life oozing with ease, joy, authenticity, connection, power and love ♥

AND when we can share in that journey with other brilliant women on the same path, there
is nothing more beautiful.

**RESERVE YOUR PLACE IN THIS INTIMATE CIRCLE AND READY YOURSELF TO RISE INTO THE
WOMAN OF YOUR DREAMS**



Imagine . . .

- ✦ Confidently pursuing what lights you up
- ✦ Living in utter joy and ease
- ✦ Gaining clarity on your purpose, dreams and ideas and unapologetically pursuing them
- ✦ Trusting your own instincts and freeing yourself from doubt, insecurity and criticism
- ✦ Restoring your vitality so that you are better able to wholeheartedly care for others
- ✦ Having the courage to shine as you are meant to
- ✦ Practicing self-love, genuinely and sustainably
- ✦ Laughing loudly and often
- ✦ Connecting with an authentic and loving community of like-minded women

Now, this is Using Your Inside Voice!

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 wisdom and connection, all under the spacious skies of the California Desert.

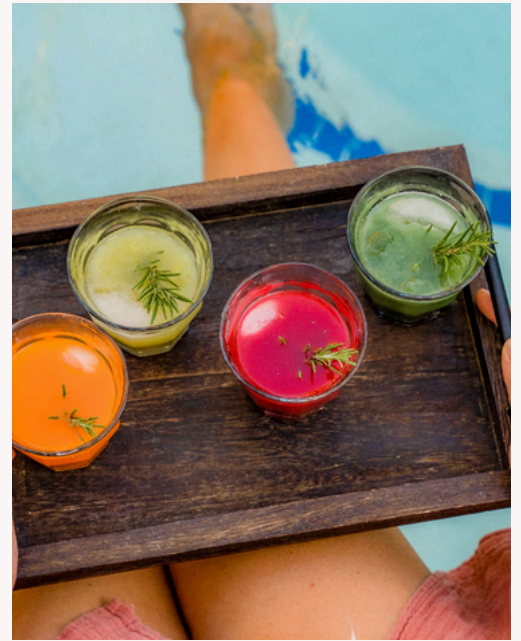
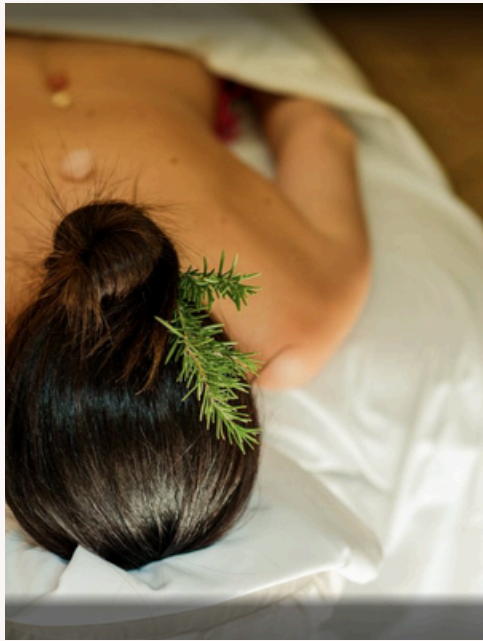
This weekend of luxury, pampering, nourishment, laughter, joy, rest and contemplation will enable you to come back home at ease and in peace, with a strong knowing of the woman you came into this world to be and the directions to follow her.

You will emerge with a renewed sense of

- Indomitable trust in yourself
- Clarity and confidence to own and share your vision, dreams and ideas
- Revitalized with resources and energy to care for yourself others in a more sustainable and loving way
- 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 4 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 the California Desert
- *Restful sleep in your thoughtfully designed and comfortable room
- *Daily restorative yoga and meditation
- *Time for YOU to do and be as you please



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 and private villa 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
- Daily intentional group-coaching workshops specifically designed to access your inner wisdom
- 1 Signature Spa Massage
- Daily Restorative Yoga
- Daily morning Meditation practice
- Unlimited soaking in (1 or all of the 4!) medicinal natural mineral hot spring pools
- Unlimited access to the healing dry sauna
- Unlimited use of all amenities The Good House has to offer (hammocks, day beds, dry sauna, fire pit, lush gardens and more)
- All taxes, gratuities, fees

This is your invitation to let yourself live as you were meant to with confidence, clarity, purpose and joy. Darling, you belong and I so look forward to sharing in this special weekend with you! It's time for you to

USE YOUR INSIDE VOICE



All meals and group workshops will be held at the Private Villa, adjacent to the main grounds.

Each King Room available with private bathroom and terrace.

All-inclusive investment:

- 1 Guest/room \$2475
- 2 Guests/room \$1820 per person

Transportation to and from the resort is not included

Strict Cancellation Policy:

- \$200 non-refundable deposit per person required to reserve space
- Full Payment due 1 month in advance of retreat, September 23 2025
- Cancel before October 5th, receive 25% back
- Cancellations after October 5th are not eligible for refunds
- Payment Plans available. Email Jill for details, info@jillrosec coaching.com

Email: info@jillrosec coaching.com to reserve your space

Tentative Retreat Schedule

Thursday Oct. 23rd

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

Friday Oct 24th

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

Saturday October 25th

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

Sunday October 26th

7am Coffee Service
8am Yoga and Meditation practice, Closing Circle
10:00 am Brunch
11am Check out

*Jill reserves the right to shift times as needed

Email: info@jillrosecoaching.com to reserve your space

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 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:

Email: info@jillrosecoaching.com

Website: www.jillrosecoaching.com

Instagram: @jillrosecoaching

Facebook: @jillrosecoaching

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