

One Ocean Resort & Spa | Jax Beach, Florida

The **SH**Energized
SisStarhood
Wellness Retreat
Spirit | Mind | Body
"Forging Ahead"

JAN

**8th-11th
2026**

This High Energy, Inspirational & Fun Women's Empowerment Experience Will Feature:

motivational messages, engaging workshops, interactive activities, panel discussions, social networking, personal development sessions, sunrise devotions, a vision board experience & more!

All Designed To Help Each Woman:

Value Herself | Connect With Others | Find Balance & Purpose And To...

Relax, Reflect, Release & Renew

Retreat Officially Starts on Friday, January 3rd at 7PM

You Can Also Join Us For The Pre-Retreat Activities:

**Thursday, January 8th: Special PD for Women Leaders & Business Owners
Spa Day & Girls Night Out!**

**Friday, January 9th : Bonus Morning Professional / Personal Development Session
Spa Experience & Sighseeing**

Per Person Registration Rates Include:

Friday & Saturday Night Lodging, Custom Badge, Retreat T-Shirt & Bag, Program Book, Retreat Sessions & Activities, Friday Dinner, Saturday Breakfast & Lunch, Sunday Breakfast & JAX Airport Transportation

Deluxe Coastline View

\$525 | 4-Women Per Room

\$570 | 3-Women Per Room

\$665 | 2-Women Per Room

\$950 | 1 - Woman Per Room

Oceanfront Balcony

\$765 | 2-Women Per Room

\$1050 | 1 - Woman Per Room

Lock In These Rates Before They Go Up!



For More Info Visit www.SHEnergizedSisStarhoodRetreat.com or Contact Roxy Hall at 904-207-1278.

REGISTER NOW