

One Ocean Resort & Spa | Jax Beach, Florida

**JAN**

**3rd-5th  
2025**

The **SH**Energized  
**Sis Starhood**  
Wellness Retreat  
Spirit | Mind | Body

*"Free Your Mind!"*

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

*motivational messages, engaging workshops, interactive activities, panel discussions, social networking, personal development sessions, 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*

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

Thursday, January 2nd: Spa Day & Girls Night Out!

Friday, January 3rd from 9AM to 1PM: Professional / Personal Development Session

Receive a \$50 discount if you pay in full by June 30th.  
Pay \$100 Deposit To Lock In Rates Below By June 30th.

**Per Person Early Registration Rates Include:**

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

**Deluxe Coastline View**

**Oceanfront Balcony**

\$500 | 3-Women Per Room

\$600 | 3-Women Per Room

\$590 | 2-Women Per Room

\$690 | 2-Women Per Room

\$876 | 1 - Woman Per Room

\$965 | 1 - Woman Per Room



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For More Info Visit [www.SHEnergizedSisStarhoodRetreat.com](http://www.SHEnergizedSisStarhoodRetreat.com) or Contact Roxy Hall at 904-207-1278.

**REGISTER NOW**