

## Ignite Your Vision: A Day of Soulful Connection & Creation for Women

Step away from the everyday hustle and into a sacred space designed just for YOU. Reconnect with your deepest desires, gain crystal-clear insight, and create a powerful vision for your life.

Are you ready to pause, breathe, and intentionally design the next chapter of your life? Join us for a transformative Women's Day Retreat where you'll be guided to tap into your inner wisdom, release what no longer serves you, and step boldly into your most vibrant future.

This isn't just a day off; it's an activation! We've curated a powerful experience blending inspiration, relaxation, and practical tools to help you dream bigger and live brighter.

### **Here's a glimpse of the magic that awaits you:**

✨ Empowering Vision Workshop: Dive deep into what you truly desire in every area of your life. We'll guide you through powerful exercises to uncover your hidden potential and articulate a compelling vision that lights you up from the inside out. Get ready for breakthroughs!

✨ Sacred Vision Board Creation (Using the 4 Quadrants!): This isn't your average cut-and-paste session! Learn our proven method for creating a dynamic Vision Board using the powerful 4 Quadrants framework. You'll leave with a tangible, inspiring masterpiece that serves as your daily roadmap and energetic anchor for manifestation.

✨ Guided Meditation & Mindfulness: Center your spirit and quiet the noise. Experience deeply relaxing meditations designed to connect you with your intuition and bring a sense of peace and presence to your day.

✨ Nourishing Mini Treatment Sessions: Indulge in a little self-care! Enjoy soothing mini-treatments designed to pamper your body and soul, reminding you of the importance of nurturing yourself.

✨ Insightful Mini Workshop Sessions: Gain valuable tools and perspectives on topics designed to support your growth journey.

In the beautiful chaos of life, it's easy to lose touch with our dreams. This retreat is your permission slip to pause, reflect, and intentionally plant the seeds for the future you crave. You'll leave feeling refreshed, inspired, connected, and armed with a clear vision and the energy to bring it to life!

# **Ignite Your Vision: A Day of Soulful Connection & Creation for Women**

**Date: Sunday, September 21, 2025**

**Time: 9 AM – 3 PM**

**Location: Body Essential Education Studio 5225 Sheridan Drive**

**Continental Breakfast, Lunch and Snacks provided**

**Investment: \$125.00 (\$25.00 NON-REFUNDABLE DEPOSIT DUE AT TIME OF RESERVATION)**

**Ready to invest in yourself and your dreams?**

**Payment options include: Venmo Christine-Bailor-Goodlander**

**Check mailed to Christine Bailor-Goodlander at Body Essential**

**Limited spots available to ensure an intimate and powerful experience. Reserve yours today!**

Questions? Christine (716) 432-8312 Melanie (716) 713-5087

We can't wait to share this beautiful day of vision, connection, and transformation with you!

With so much love and excitement,

Collaborative Growth Transformational Coaching

Christine Bailor-Goodlander, RN, LMT, BCTMB, Certified Transformational Life Coach

Melanie R. Olivieri, RN, LMT, BCTMB, Certified Transformational Life Coach

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**[www.collaborativegrowthcoaching.com](http://www.collaborativegrowthcoaching.com)**