

**One Ocean Resort & Spa | Jax Beach, Florida**



# Reclaim & Surrender Retreat "A Journey Back to You!"

January 8th - 10th, 2026

*A Women's Empowerment Experience  
Focused On:*

***Breathing, Breaking Through, & Becoming***

**This Transformational Retreat Experience for the Ones Who Hold It All Together, Will Feature:**

*Interactive Workshops, Guided Journaling Experiences, Soulful Brunch, Shake Your Soul (Rhythmic Dance Experience) Sip-n-paint, Exclusive Book Release & Signing*

## **Retreat Schedule At-A-Glance:**

**Thursday, January 8th: Dinner & Session**

**Friday, January 9th : Morning Meditation, Workshops & Activities, Book Signing  
FRIDAY NIGHT LIVE in Collaboration with the SHEnergized SisStarhood**

**Saturday, January 10th: Breakfast & Check-Out**

### **Per Person Registration Rates Include:**

*Thursday & Friday Night Lodging, Custom Badge, Retreat T-Shirt & Bag, Program Book, Retreat Sessions & Activities,*

*Thursday Reception, Friday Brunch & Reception, Saturday Breakfast*

#### **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



***Pay \$100 deposit by 6/15 to Lock-In Early Bird Rate or Pay In Full to Receive \$50 off your Registration Fee!***

For More Info Visit [www.SHEnergized.com/TakingWithTiff](http://www.SHEnergized.com/TakingWithTiff) or Contact Tiffany at 813-510-8477.

Reclaim & Surrender Retreat Experience is POWERed By:

**SHEnergy**  
SisterHood for Empowerment

REGISTER