

teamWorks presents
**(RE)TREAT
YOURSELF**



BE YOUR BEST SO YOU CAN BE THERE FOR THE REST

Stop waiting for *someday* to focus on you. Grab your friends or coworkers and hit the pause button and retreat with us to a magical property in Newcastle, CA. You'll be glad you did.

OVERNIGHT RETREAT Just the right mix of relaxation, reflection, and exploration of new ways to live with intention. Retreats are customized based on the goals and needs of attendees, including goal setting, the joy of giving back, prioritizing personal growth, and spicing up relationships



MARCH 4-6, 2022

**Friday @ 6pm thru Sunday @ 10am
\$350**

MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Bring a friend & you each get a \$25 discount. Party of 4? Each person gets a \$50 discount.*

Healthy meals & one-of-a-kind lodging included. Limited to 16 people.

Accommodations: this cool estate has Jack- & Jill-style rooms (you will have a roommate – think sleepover experience). If you are unable to stay the night, you can head home to sleep. 😊

Chose the option that fits best with what you have going on (we know you are busy!). We hope you'll come for the whole teamWorks experience. We want you to be fully present. One night is \$250.

Reserve your spot: <https://www.totalteamworks.com/dayretreat.html>

Brought to you by teamWorks / Becky Lunders
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