

PURPOSEFUL PARENTS & RENEW YOUR PURPOSE

PRESENTS

RELAX | RESET | RESTORE

RETREAT

ORLANDO, FL MAY 16 - MAY 19, 2025

WWW.RELAXRESETRESTORE.ORG



About The Retreat

This transformative Women's Retreat hosted by Krystal Shanell in the beautiful setting of Orlando, Florida will be a pivotal space for the busy woman. This weekend is dedicated to relaxation, mental health, physical wellness, and emotional restoration, all grounded in faith. Immerse yourself in a serene environment where you can unwind and reconnect with yourself and God. Our carefully curated sessions will encompass mindfulness practices, spiritual teachings, and wellness workshops designed to rejuvenate your spirit and body. Engage in uplifting discussions that foster deep connections with fellow attendees as you share your journeys and insights.

Indulge in delicious, catered meals that nourish your body while providing opportunities for fellowship and laughter. Every dish is thoughtfully prepared to enhance your wellness experience and support your physical health.

In addition to our enriching sessions, we will incorporate fun moments that encourage joy and lightheartedness—think group activities, creative workshops, and relaxing leisure time. This retreat is not just about reflection but also about celebrating life and forging lasting friendships.

Whether you are seeking to recharge your mental health, restore emotional balance, or deepen your faith, this retreat promises a holistic experience tailored just for you. Join us for a weekend of nurturing your mind, body, and spirit, and leave feeling refreshed and empowered. Reserve your spot today and take the first step towards an enriching journey of self-discovery and renewal in the heart of Orlando!



Conference Host
**Krystal
Shanell**

Coach Krystal Shanell embodies empowerment with her dynamic presence! She is a versatile leader, excelling as both a serial entrepreneur and a community developer. Additionally, she is a best-selling author, a highly requested speaker, a Certified Texas mediator, a Tax Franchise Owner, a Peer Recovery Specialist, a Project Manager, and she holds the role of Executive Administrator for Rapper Trae Tha Truth and his brands.



Conference Co-Host
**Shonda
Smith**

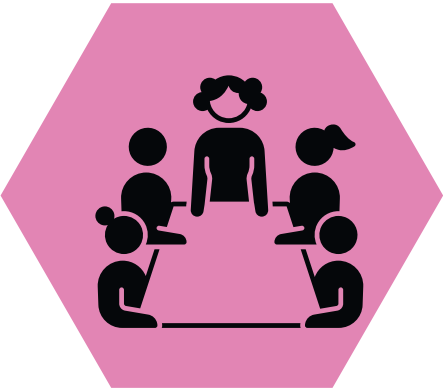
Shonda Smith, the visionary entrepreneur behind i28 & Co., leads a powerhouse talent management company dedicated to fostering the careers of entertainment artists and propelling them toward stardom. With an unwavering dedication to innovation, integrity, and artist development. Shonda serves as a trusted ally for artists navigating the intricacies of the music industry, swiftly gaining recognition as a beacon of excellence in the field.

BORCELLE

Our Team

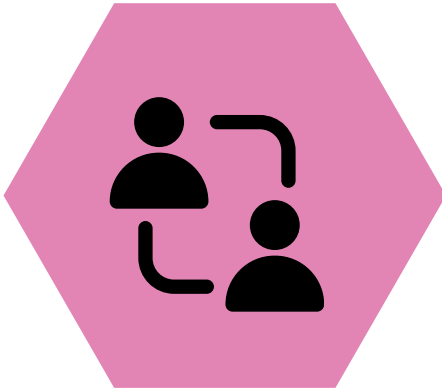


THE RETREAT PROCESS



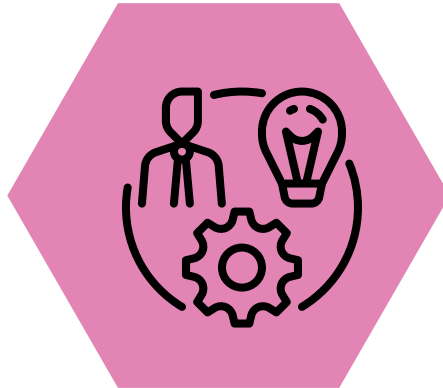
GROUP SESSIONS

We will be hosting group sessions focused on fostering personal development, emotional growth, and mental wellness. Participants will have the chance to take part in engaging discussions.



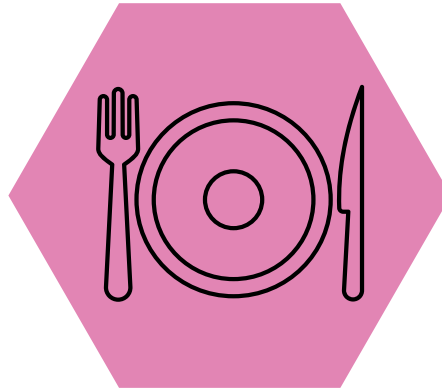
BREAKOUTS

We organize a variety of small group sessions featuring subject matter experts. These informative gatherings provide leaders with valuable insights that they can leverage for their professional development.



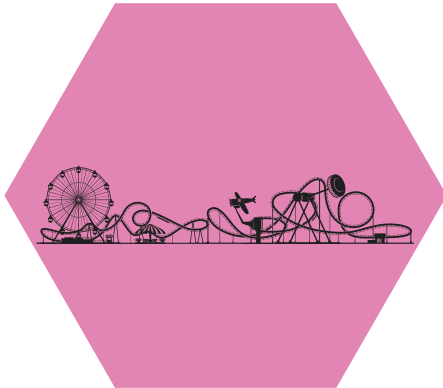
IDEA ASSEMENTS

A fireside chat hosted by a think tank will take place, providing a warm and inviting atmosphere for participants to discuss idea implementation and goal setting.



CATERED DINNERS

Personalized meals will be prepared, and grab-and-go options will also be available throughout the retreat.



FUN MOMENTS

Yes, we are gaining valuable insights into personal growth, but our journey doesn't end there. We're also having a blast filled with enjoyable activities, engaging conversations, theme park adventure, and much more.

We are on a mission

TO GET YOU RELAXED...

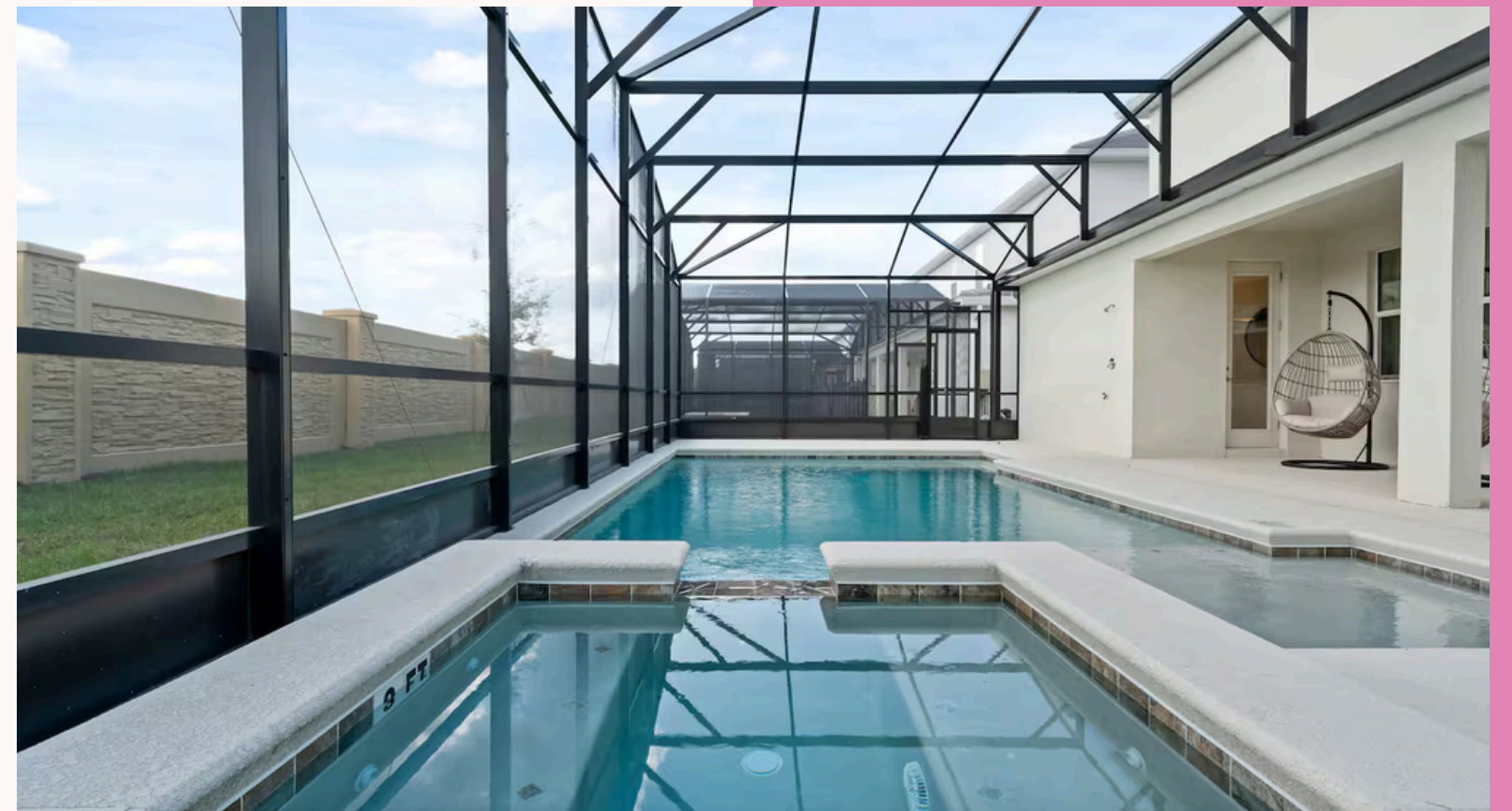
It's an opportunity to step away from the hustle and bustle of everyday life and immerse yourself in tranquility. Imagine mornings filled with guided meditation sessions that help you find inner peace, afternoons spent exploring nature trails that rejuvenate your spirit, and evenings dedicated to quiet reflection and bonding with fellow participants. Our carefully curated activities are designed to bring harmony to your mind, body, and soul, ensuring you return home with a renewed sense of balance and clarity.





THE RETREAT SPACE

This amazing home was beautifully decorated having practicality and comfort in mind. This home has 15 well-appointed bedrooms. Each room has its own bathroom, flat-screen TV, workspace, and mini fridge.



THE ROOMS



SINGLE OCCUPANCY

The house has a total of 8 single occupancy rooms available and 10 double occupancy spaces available ensuring ample accommodation for guests. Each single occupancy room is designed with comfort and privacy in mind, featuring cozy furnishings, a work desk, and an ensuite bathroom.

Meanwhile, the double occupancy spaces offer a spacious layout, perfect for couples or friends traveling together. These rooms come equipped with twin or double beds, tasteful décor, and modern amenities to enhance the guest experience. Whether traveling alone or with company, guests will find the perfect balance of relaxation and functionality in these thoughtfully designed spaces



DOUBLE OCCUPANCY



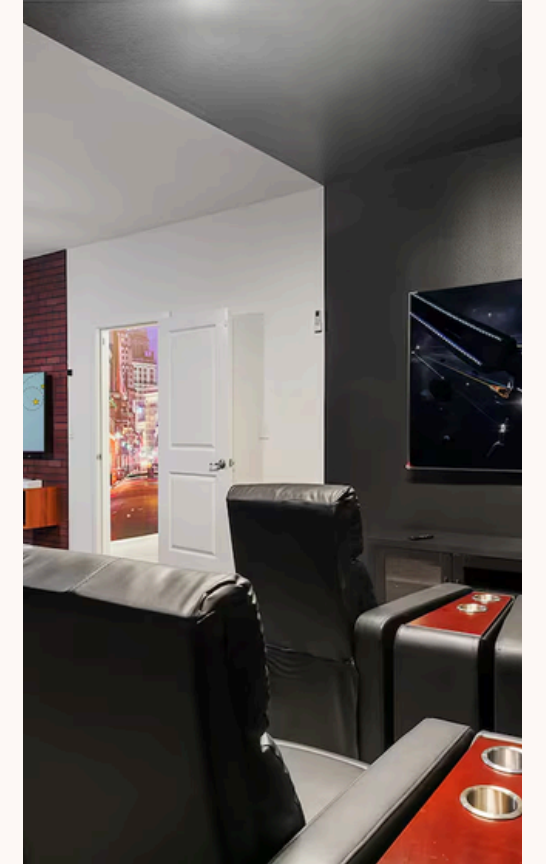
MORE HOUSE PHOTOS

LIVING ROOM



RECREATIONAL AREAS

The house has so many great spaces to offer including but not limited to; movie theater, gaming table and a community gym..





RETREAT ITINERARY

Friday

**Rooms Selection
Welcome Refreshments
Spa Treatments
Group Sessions
Hibachi Dinner**

Saturday

**Group Breakfast
Breakout Sessions
Grab & Go Lunch
Group Dinner
Pajama Party After Party**

Sunday

**Group Breakfast
Theme Park Adventure
Lunch at
Dinner at Restaurant
Fireside Chat**

Monday

**Grab & Go Breakfast
Retreat Debrief
Check-Out**



RETREAT TRAVEL INFORMATION

Information	Details
Flight is not included	Travel to Orlando is to fly into their direct airport. MCO is the Orlando airport code
Airlines Options	Southwest, American Airlines, Delta, Frontier, Spirit, United, West Jet, Jet Blue, Virgin Airlines, etc...
Travel To Location	UBER, LYFT, Taxi, Rental Car Options Available By Choice
Rooms	You can purchase double or single occupancy. If you choose to room with a friend that is available as well. Room location of the room will be based on the time of arrival

SESSION TOPICS

- Emotional Management
- Effective Communication
- Leading With Faith
- Goal Mastering
- From Idea To Entity
- Work/Life Balance
- Building A Village
- Self Care
- Tools For Living
- Purpose Driven Life
- Rising Above It All
- Trauma Based Support

RETREAT PRICING

SINGLE OCCUPANCY

\$1,397

DOWN PAYMENT
\$197

Due January 31, 2025

\$325

Due February 28, 2025

\$325

Due March 28, 2025

\$325

April 25, 2025

\$325 (Final Payment)

DOUBLE OCCUPANCY

\$1,097

DOWN PAYMENT
\$97

Due January 31, 2025

\$250

Due February 28, 2025

\$250

Due March 28, 2025

\$250

April 25, 2025

\$250 (Final Payment)

ACCEPTED PAYMENTS: ZELLE, INVOICE, APPLE PAY, AFTERPAY

TRIP INFO

**8 Single Occupancy & 10 Double Occupancy
Spaces Available! Spots secured by deposits!**

No spots will be held without deposit. No exceptions!

- **No refunds will be given. No exceptions!**
- **You can find someone to take your slot if you choose.**
- **The itinerary may be changed based on availability.**
- **Participation in events is not required but strongly suggested!**
- **Meals are provided but not required**
- **Occupancy type available on a first come, first serve basis**
- **Due to the nature of personal participant discussions NDA's will be required!**

NO REFUNDS...

YOU CAN PURCHASE TRIP INSURANCE (AAA, ALLIANZ, AIG)

TRIP INFO

**Payments available via; Zelle, Cash App, Square
Invoice, Apple Pay.**

- **Cash App Info- \$RelaxRetreat**
- **Zelle (281) 300-4679**
- **Request electronic invoice**
- **Apple Pay- (281) 300-4679**

**Put your name, Relax Retreat, and deposit (in the memo)
Once your payment is made you will get the welcome email.**

*Thank You For Considering
The Retreat ...*

Krystal Shanell & Shonda Smith