



8th Edition Ladies Day Out

Transformational Retreat

B OCEAN RESORT FORT LAUDERDALE BEACH

1140 Seabreeze Blvd.

Fort Lauderdale, FL 33316



Event Itinerary

January 11, 2025

8:00 AM-5:30 PM

TIME	Location	Inspirational Speaker	DETAILS <i>Mind, Body, Soul, Dance, Finance</i> (Itinerary subject to adjustments)
7:30AM-8:00AM	<i>Lido Room's A, B & C</i>		<u>REGISTRATION</u> <i>Pick up MAC Retreat Bag</i> (Quick wardrobe change into your event T-shirt, then let's roll out your yoga mats on the fabulous Lido Terrace!)
8:00AM-8:15AM		Maria A. Cephas	WELCOME TO TRANSFORMATION DAY <i>Let's Get Connected</i>
8:15AM-9:00AM	Lido Terrace	Onae Fazio	<u>"Tuning Into You"</u> <i>A Sound and Meditation Experience</i>
9:00-9:15	<i>Lido Room's A, B & C</i>		BREAK
9:15 - 10:00	<i>Lido Room's A, B & C</i>	Sunshine	<u>"Step into Healing"</u> <i>Dance Class - Beginners Introduction to Chicago Steppin'</i>
9:15 - 10:00	<i>Lido Room's A, B & C</i>	Cynthia Ingram	<u>"Step into Freedom"</u> The Life-Changing Benefits of Dance Dance Class - Chicago Steppin' (Beyond the basic)
10:00 - 10:15	<i>Lido Room's A, B & C</i>		BREAK
10:15 - 11:00	<i>Lido Room's A, B & C</i>	Traci Caver	<u>"Prepare to Let Go"</u> <i>Remembering Who You Are!</i>
11:00 - 11:15	Atlantic Ocean		<u>Walk to Seaside for Healing Ceremony.</u> <i>(grab your flip flops)</i>
11:15AM - 12:00PM	Atlantic Ocean	Traci Caver	<u>"LET GO" Seaside Healing Ceremony</u>

			<u>Mimosa Toast & Photo's</u> <i>(non-alcohol sparkling juice available)</i>
12:00PM - 12:15			<u>Return from Seaside Ceremony</u>
	<i>Lido Room's A, B & C</i>		<u>Refresh</u> <i>Quick Change into Afternoon Attire; Kaftans</i>
12:45 - 1:30	<i>Lido Room's A, B & C</i>		<u>LUNCH</u>
1:00 - 1:30	<i>Lido Room's A, B & C</i>	Women in Distress Organization	<u>“Help A Sister Out”</u> <i>Clothing Donation</i>
1:30 - 2:00	<i>Lido Room's A, B & C</i>	Maria A. Cephas	<u>Reflection</u> Midday check-in: Choose a question to reflect on your journey thus far.
2:00 - 2:45	<i>Lido Room's A, B & C</i>	Dr Joann Ajayi- Scott	<u>“Be Alive & Financially Thrive”</u> <i>Your Roadmap to Financial Freedom!</i>
2:45 - 3:00	<i>Lido Room's A, B & C</i>		BREAK
3:00 - 3:45	<i>Lido Room's A, B & C</i>	Maria A. Cephas	<u>Kaftans & Conversations: “Permission to Be Real”</u> <i>Say Yes to Yourself and Watch Your Life Transform</i>
3:45 - 4:00			BREAK
4:00 - 4:45	<i>Lido Room's A, B & C</i>	Traci Caver	<u>“Project Me”</u> <i>Journal Creation: Road map to regaining ourselves</i>
5:00 PM		Maria A. Cephas	Sister Gift Exchange
			<u>Reflection and Commitment Ceremony</u> Authenticity Manifesto Who's Your Support Person?

			DANCE IT OUT
6:00PM			CLOSE

"The success of every single woman is the inspiration for another. " – Diane Von Furstenberg

Preparation Guide: What to Bring and How to Show Up

Show up authentically with an open mind, heart, and soul, ready to embrace your transformative journey.

Here's how to prepare:

Morning Sessions:

- Wear **pants, shorts, or a skirt**. A **navy event T-shirt** (with white writing) will be provided.
- Bring a **yoga mat** for the morning's sound, meditation and movement activities.

Special Items:

- A **token gift** (valued at \$10 or less) that represents something you love, for the **Sister Gift Exchange**.
- A **stylish kaftan** (also known as a moo moo or muumuu dress) for the afternoon session.

Contributions:

- A **bagged or boxed clothing donation** for the Women in Distress Organization. Your contributions can make a difference in someone's life.

Personal Reflection:

- Bring a **picture of yourself** that captures a moment when you felt **confident, courageous, beautiful, victorious, successful, loved, or at peace**. This will be used for your powerful Project Me" journal.

Come prepared to release, renew, and embrace the authentic, unapologetic YOU!