



Simplify.2019 Women's Beach Retreat

As colleagues, caregivers and parents we strive to do our best everyday and take care of others as well as the "to-do lists" that go along. We do this so much so that we can put the happiness of other ahead of our own. When we have downtime, we tend to fill it. It's funny how we distract ourselves from silence, stillness and being alone with our thoughts and feelings (even TV or the laundry takes precedence). Yet, people around us respond to our vibe, our mood and our demeanor. When we take care of ourselves, it radiates from us and when we don't that radiates too.

Simplify.2018 Beach Retreat *is a tranquil time at the beach.*

It is time standing still.

A time to re-set for the new year---to refresh, regroup, and settle.

What is it about the beach, the rhythm of the ocean waves, the gentleness of sparkling bay waters, the sun, and the aromas? What is it that appeals to our senses and sense of well being that calms us and helps us to re-set?

For one day, we will be off the grid. Feel stress melt away. Feel pent up energy release. Allow freshness, warmth and gentleness to engulf. It's time to reach within. Beyond roles, titles and responsibilities, it's a sliver of time at the beach for you.

Enjoy the simple pleasure of life. Only we can provide it to ourselves. The most precious gift of all can be the simple gift of permission to allow the essence of who we truly are to take hold. Let's go there.

It's never too late to be what you might have been.
George Elliot

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Strathmere, New Jersey

AGENDA

Day 1

4:00-6:00 pm Arrival/Registration/Free Time optional walk on the beach for sunset
(approx sunset time: 5 pm)

6:00-7:30 pm Dinner

7:30-9:30 pm Sessions

Day 2

7:00 am Sunrise Salutation (optional)

8:00-9:00 am Breakfast

9:00 am – noon Sessions

Noon-1:30 Lunch

1:30-5:30 Sessions

5:30-7 Dinner

7:00 -9:00 pm Sessions

Day 3

7:00 am Sunrise Salutation (optional)

8:00-9:00 am Breakfast

9:00 am – Noon Sessions

Noon-1:30 Lunch

WHY DO SPORTS ICONS, MEDICAL SCHOOLS AND BILLIONAIRES EMBRACE MINDFULNESS?

Because they've learned it helps train the mind and body to react better to challenging situations, focus more clearly, and improves health and wellness.

MANY AGREE....LIFE DEPENDS ON IT.

"Once you learn, it's yours to keep forever and use anytime. I love that." 2017 live Brilliance participant

PENN Program for Mindfulness MBSR INSTRUCTORS

Register <http://livebrilliance.org/beachretreats/>

PASSWORD is **peace**

For these retreats, it is helpful to bring:

Water bottle, yoga mat, cushion for meditation, comfy clothes in layers, blanket, gloves and shoes that can get sandy

Simplify.2019 Women's Beach Retreat

January 18-20, 2019

January 25-27, 2019

KOKOMO

9 N Bayview Drive
Strathmere, New Jersey

Our exclusive retreat experience will take place at a beachfront property called Kokomo in Strathmere, New Jersey.

Strathmere is a quintessential seaside village nestled between Ocean City and Sea Isle City. The town is rather quiet year round, even when other shore points are bustling. It's often touted the Outer Banks of NJ.

Our retreat property is located on the coveted Pointe of the Island offering beautiful ocean and bay views with gorgeous sunrises and sunsets. When weather is chilly, the sights and sounds of the sea can be capture from sweeping decks and cozy indoor spaces. There is a private beach path directly from the yard to the beach for brisk walks or tranquil meditations in the crisp, clean air.

Retreat: **The Mindfulness Retreats based on Mindfulness-based Stress Reduction (MBSR). Mindfulness Instructors have been taught at the PENN Program for Mindfulness.**

Meals: **Breakfast, Lunch, Dinner, coffee, tea and snacks**

Accommodations: **Single, Double, Triple and Quad Occupancy Rooms available. Commuters welcome too. Rooms are assigned on a first-come, first-serve basis. Preferences for roommates should be noted on the registration form.**

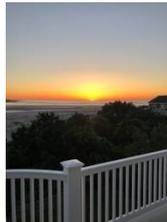
Cost/person: **Single Room Residential Retreat \$425**
Double, Triple, Quad Room Residential Retreat \$300
Commuter Retreat (no sleeping room) \$220

Deadline: **January 4, 2019 Space is limited with Waiting List kept.**

Wait List: **Wait List Registrants will be charged a \$100 deposit which will be refunded in full if a space does not become available.**

Refund Policy: **Full Refunds are available until close of business on January 4, 2019. After that date, registration is non-refundable.**

The property is a traditional beach home with plenty of space inside and out. There is a private path to the beach from the yard.



Questions: **Contact Suzette Margolis**
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November 10, 2018

KOKOMO

9 N Bayview Drive
Strathmere, New Jersey

DIRECTIONS

KOKOMO CAN BE ACCESSED FROM PHIL VIA ANY BRIDGE BY FOLLOWING GPS.

FROM PHILADELPHIA (OVER THE BEN FRANKLIN)

TAKE US 30-E/1-676 TO EXIT FOR BEN FRANKLIN BRIDGE
CONTINUE ONTO I-676 WHICH MERGES WITH 1-76E
TO NJ-42S (THE ATLANTIC CITY EXPRESSWAY) TOWARDS ATLANTIC CITY
TAKE EXIT 7S TOWARD NJ PARKWAY S
FOLLOW SIGNS FOR GARDEN STATE PARKWAY SOUTH
TAKE EXIT 25 FOR OCEAN CITY/MARMORA
TURN LEFT ONTO RT 9
CONTINUE STRAIGHT OVER BRIDGE
TURN RIGHT ONTO BAY AVE
TURN LEFT ONTO 35TH ST
TURN RIGHT ONTO WEST AVE
TURN RIGHT ONTO 55TH ST
FOLLOW CAUSEWAY TO STRATHMERE
GO OVER BRIDGE (NO TOLL THIS DIRECTION)
AT BOTTOM OF BRIDGE RAMP
TAKE A HARD LEFT TURN ONTO COMMONWEALTH DR (IT IS THE MAIN STREET)
GO TO THE END OF COMMONWEALTH
TURN LEFT, HOUSE IS 3RD ON RIGHT
9 N BAYVIEW DR, STRATHMERE

215.264.2993

