

As women, we love fiercely and take care of others. 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 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.

Experience tranquil time at the beach.

A time to re-set, refresh, 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?

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 that only we can provide it to ourselves. A woman's most precious gift can be giving herself permission to just be. Let's go there.

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.

MBSR INSTRUCTORS WITH TEACHING CERTIFICATES FROM
PENN PROGRAM FOR MINDFULNESS

For Retreat, it is helpful to bring:

Water bottle, yoga mat, cushion for sitting (chairs are available), comfy clothes in layers, blanket, gloves and shoes that can get sandy

KOKOMO

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 bay and ocean 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: All welcome from novice to expert meditators. Mindfulness Instructors are trained in MBSR (Mindfulness-based Stress Reduction) with Teaching Certificates from PENN Program for Mindfulness.

Instructor: Suzette Margolis, MBSR

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. Room assignments are made based on the preference selected.

Cost/person:	Single Room Residential Retreat	\$425
	Double, Triple, Quad Room Residential Retreat	\$350

Commuter Retreat (includes meals, no sleeping room) \$200

Deadline: Payment Due at Registration. 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.

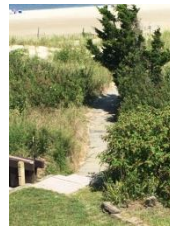
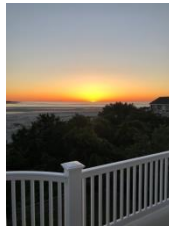
Refund Policy: Full Refunds are available until 1 week before the Retreat Arrival Date. After that date, registration is non-refundable.

Register: Please send REGISTRATION FORM to register@liveBrilliance.org with Room Preference (Single, Double, Triple, Quad, Commuter) and Roommate Preference if applicable.

Upon Confirmation, Welcome Packet will be emailed.

Payment can be made by Credit Card On-line or by Check.

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.



About Suzette Margolis

Suzette Margolis holds a Graduate Teaching Certificate from the PENN Program for Mindfulness under Michael Baime, MD, University of Pennsylvania Perelman Center for Advanced Medicine. She completed Mindfulness-based Stress Reduction (MBSR) Intensive Teacher Training with Jon Kabat Zinn, PhD from the University of Massachusetts Medical Center.

Ms. Margolis has presented educational sessions to groups of 1-2,000 in corporations, associations, schools districts and municipalities. She served as Chairperson of the liveBrilliance Mindfulness Conference at Villanova University and directed the documentary, *Mindfulness* through the generosity of Radnor Township Studio 21.