

IE3.LIFE

WOMEN'S RETREATS

In-Person, Virtual and Hybrid



Intentional Energy 3

We bring your "Aha!" to life

Customized retreats for women and women's groups designed to build community, connection, and grow in faith together.



LET'S CONNECT AT INFO@IE3.LIFE



RESILIENT WOMAN

How do the lives we live and the work we do contribute to our vision for the world we want to live in? Join us as we take a closer look at the resilient women from the Bible, explore their stories and learn about the power of courage, and the importance of community. Examine their legacies of wisdom that we can pass onto future generations and discover how we can make an impact in our families and communities. This exciting, interactive retreat is filled with time for discussion, creativity, and exploration!

THE RETREAT

The Retreat is for taking the time to step away from life's demands and restoring your mind and soul. Experience various spiritual practices and create special gifts to donate to local charities. During this retreat, you will relax and center yourself using meditation, reflection, journaling, and time for building connections and developing friendships.

INTRODUCTION TO THE ENNEAGRAM: DISCOVERING BELONGING

The Enneagram is a time-honored method for exploring our own unique personalities. First, we examine the nine basic personality types, then we discover and explore our own personality. Using the Enneagram system, we expand our knowledge of self and gain a better understanding of others. This engaging and insightful workshop includes time for self-reflection, conversation, and discovery.



RECEIVING NATURE'S GIFTS

Time in nature has been proven to reduce stress and anxiety, stimulate the senses, and strengthen mental clarity.

Join us as we explore nature's wonders and the feelings they bring forth in us.

Experience special connections with nature and learn new ways of using nature in meditation, for reflection, and as inspiration. All participants receive a keepsake journal.

CUSTOMIZED EXPERIENCES

From chocolate to lemonade, broken pottery to creative engagement, we have a lot to offer the women in your faith community. Let us customize a retreat especially for your organization!

SENSORY MINDFULNESS

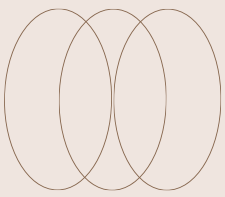
For those who struggle with sitting still and finding peace, this retreat is for you.

Experience ways to be actively mindful incorporating all the senses.

In this retreat we:

- Take an easy contemplative walk.
- Experience eating fresh fruit or chocolate in new and different ways.
- Watch the flow of colors as we experiment with watercolors.
- Compare textures and colors of assorted gifts from nature.
- Listen to musical pieces while coloring mandalas.
- Journal our thoughts and experiences.





Let's Work Together!

OUR PASSION IS:

Nurturing compassionate leaders
Developing caring communities
Encouraging Courageous Conversations

WE CUSTOMIZE OUR RETREATS SPECIFICALLY FOR YOUR GROUP.

ALL OUR WORKSHOPS ARE INTERACTIVE, INSPIRING, AND FUN. WE CREATE A CARING SPACE FOR BUILDING COMMUNITY, DEVELOPING FRIENDSHIPS, AND EXPERIENCING PERSONAL GROWTH.

CHOOSE FROM 2 - 4 HOURS IN LENGTH, A FULL DAY, OR A WEEKEND SCHEDULE.

**DO YOU HAVE A
WORKSHOP IN MIND?**

**LET US DESIGN A WORKSHOP
JUST FOR YOU!**

***EMAIL US AT
INFO@IE3.LIFE***

***VISIT US AT
IE3.LIFE***

