

RETREAT SCHEDULE

all times in Central Time Zone



*open to VIP & Platinum
ticket holders only*



*open to Platinum
ticket holders only*

THURSDAY

Aug. 26, 2021

11:00am-12:30pm

WELCOME!

Body positive in 2021: Changing the Stigma

Learn about what body positivity is and what it isn't and how this weekend will change your life!

12:45pm-2:00pm

MASTERCLASS MiMo Flow: Accessible Yoga

Learn how yoga can benefit your health and how every BODY can do it!

*Equipment needed: Chair,
Yoga Mat (optional)
with KRISTLE COMLEY*

MEET KRISTLE

Kristle is a highly experienced fitness instructor and trainer for The MiMo Method. She is passionate about bringing fitness to every BODY and educating women to help them live a healthy, joy-filled life.



2:15pm-3:45pm

Micros Managed: Get off the toxic diet & fitness treadmill

In this session we will talk in depth about misinformation you have been sold from the nutrition and fitness industries. Learn how microfitness and micronutrients take small changes and make a big difference.

4:00-5:30pm

"Happy Hour"



Mix and mingle with VIP and Platinum ticket holders.

Meet our presenters and get to know your host!

FRIDAY

Aug. 27, 2021

8:00-9:00am

WORKOUT YogaBarre

Combine the strength and grace of ballet barre exercises and yoga.

Equipment needed: Mat, Towel, Chair, Light Weights (optional)

11:00am-12:30pm

MASTERCLASS: At-Home Fitness

You don't need a fancy gym membership to get in the best shape of your life. With a few small, light-weight and travel friendly pieces of equipment, you can work your entire body.

Equipment needed: mini-ball, gliders, resistance band. with Lucy Weaver

9:15-10:45am

#75Love: Flipping the Script on Social Media Culture

Let's dive in to the pressures that are put on us, our looks, our performance, and so much more! Get practical tips to avoid the overwhelm without disappearing off the grid.



If you are a platinum ticket holder this equipment will be mailed to your home address! Be sure to buy your ticket by August 10th!



MEET LUCY

Lucy is a professor of health & kinesiology at Texas A&M University. She shares her passion for fitness education as a master trainer for Schwinn Indoor Cycling®, BOSU®, and a variety of other fitness formats.

12:45-2:00pm

Lunch & Learn

What is holding you back? Group life-coaching and education around self-coaching for women.

4:45-7:00pm

Cook Along Dinner for 4

Grab some friends and let's head to the kitchen together for a 3 course meal and drink (grocery list provided ahead of time)

2:15-3:45pm

The 8 Ms of Modern Meditation

Meditation comes with HUGE benefits: stress reduction, health improvement, overall better mood and potentially lengthening your life!

However, with all of our distractions every day we don't know where to start! Learn how to make meditation easy and experience a meditation practice.

SATURDAY

Aug. 28, 2021

9:15-10:15am

MASTERCLASS: Core Fitness

Learn how to effectively strengthen your core and reduce back pain, pelvic floor weakness and more.

Get simple exercises that anyone can do!

Equipment needed: Mat or Towel for floor exercises with Becky Jones

8:00-9:00am

WORKOUT Cardio Party-Oh!

Join Gretchen and guests for a VIP-only party of a workout. Fun music and easy-to-follow exercises for every BODY! Costumes encouraged!

MEET BECKY

Becky is a Classical Pilates instructor in both her home studio and Equinox River Oaks. She enjoys educating about the body while teaching safe, precise and effective movement. Based in Houston, TX, she travels the world every chance she gets.



1:00-2:00pm

Lunch & Learn

Finishing 2021 Strong

Join the other Platinum ticket holders and Gretchen for an exclusive planning session.

We will talk about monthly goals, personal and/or business vision, and make commitments to taking action. Bring your planners, pencils and pens because we will be doing work!

11:00am-12:30pm

Get Confident: Body Image and Business

In this session, geared toward women entrepreneurs or anyone interested in taking your career into your own hands, we discuss how you think about yourself affects your success in business. Get the details on taking 20 days to focus on yourself, your mindset and your ability to show up. All attendees will get access to the Get Confident Challenge through Instagram for FREE during this session only.

Show up for details.

2:15-3:45pm

Delicious Freedom: Strategies for the "real" world.

We will wrap up our conference sessions with practical advice on keeping the body positive mentality and momentum as we leave the retreat and dive back into life in the "real" world.

4:00-5:30pm



GRAND FINALE!

It is going to be a star-studded goodbye with our guest speaker, life-changer and wildly successful business woman!

featuring Hannah Keeley



MEET HANNAH

Hannah is America's #1 Mom Coach and founder of the Covenant Coach Academy for faith-based lifecoaching. She has been featured on the Today show, Rachael Ray, Fox news and the Wall Street Journal. You



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**FOR DETAILS
PLEASE VISIT**

www.GretchenGegg.com/Retreat

**ALREADY REGISTERED?
YOU WILL BE SENT AN EMAIL
CLOSER TO THE RETREAT WITH
ALL THE LINKS AND PASSCODES
YOU NEED TO ATTEND EACH
SESSION!**