



A Safe Place to Stand

May 17 – May 20, 2024

With Beth Bryce & Karen Ely

**Beth's Vision Quest retreats are about having memorable,
transformative experiences ~ come...**

As a VIP Early Bird, to hold your spot before the public marketing launch, please confirm your interest by registering **no later than January 1, 2024**. At a minimum, the \$400 non-refundable deposit will be required (See complete details below), and the retreat will be limited to 12 women.

Please email Beth at beth@bethbryce.com with any questions.



Retreat Details

Spend three (3) glorious, magical nights at the [Briar Patch Inn](#) outside the heart of downtown Sedona, Arizona. A significant focus of the retreat will be renewing your spirit, feeling into your 'what's next,' and reflecting on your possibilities. You will be surrounded by compassionate women in an inspiring space, igniting your dreams!



Briar Patch Inn is the #1 Bed & Breakfast in Arizona for the eleventh time, by Ranking Arizona

From the moment you arrive until you head home, experience renewal and transformation with our gifted guides. Master Coach [Beth Bryce](#), and [Sedona Women's Institute](#) Founder, Karen Ely, will lead you on an exploration to stand in your personal power and live the life you have imagined!



Be embraced with open arms for a Friday **evening VIP reception at the Briar Patch Inn!** It is the perfect setting to meet the other phenomenal women under the stars!



The Retreat will be held in the Ponderosa Cabin – with the most amazing breakfast buffet

We begin Saturday morning with a **Nia Healing Movement** outdoor class led by Alba Wejebe. Nia is movement as medicine for your whole self. The class format involves easy, low-impact movement and stretching to soothing music. Nia supports body and soul, enhancing your connection and quality of aliveness to sense embodiment, breath, and presence. Here begins our retreat journey...



Nia Healing Movement class in the Briar Patch garden

Saturday evening, we've set aside time for you to [explore Sedona](#) to enjoy dinner on your own or with others, take in a healing sound bath, or visit the famous [Stupa and Peace Park](#). The Stupa is open from dawn to dusk every day. Visit the Stupa website for more details.





Sunday morning, after breakfast, we will take a memorable, private trolley ride to the Mescal trailhead for light hiking, meditation, journaling, and sharing in the circle before heading back to the Briar Patch for lunch and continuing our retreat experience. An unforgettable morning!



Our final celebration and closing ceremony will include an incredible dinner on Sunday evening to reflect on all you are and what you are taking with you on your life's journey forward!

NOTE: This is limited to 12 women only!

Included in the Sedona Retreat:

Retreat Fee: \$1,300 shared lodging OR \$1,000 private lodging

- A \$400 registration deposit (non-refundable) is required to reserve your spot. Limited to twelve (12) women.
- Two additional payments are due Feb 1st and April 1st, 2024 (After March 1, there will be no refunds).
- See **Registration Details below** for two (2) lodging options to determine your preference.

The retreat fee includes: (May 17th – May 20th agenda is tentative)

- ❖ **1 Virtual session** pre-retreat (Welcome, Introductions, Q&A, Journal prompts).
- ❖ **The Retreat will be held in the beautiful Ponderosa Cabin.** If you stay at the Briar Patch Inn, you will enjoy an amazing breakfast buffet.
- ❖ **Welcome reception:** 5 pm Friday evening with appetizers at the Ponderosa Cabin.
- ❖ **Facilitated retreat:** From 5:00 pm on Friday evening through 9:00 pm on Sunday evening.
- ❖ **Nia Movement Class:** Saturday morning at Briar Patch.
- ❖ **Trolley transportation:** Sunday morning to/from Mescal Trail excursion.
- ❖ **Breakfasts:** Saturday, Sunday, and Monday (departure) mornings at Briar Patch.
- ❖ **Lunches:** Saturday and Sunday at Briar Patch.
- ❖ **Dinner:** Sunday celebratory final dinner at one of Sedona's most beautiful restaurants!

Not Included:

- ❖ Now is the time to consider if you want to add 1-2 days to your trip to take advantage of exploring the area more on your own.
 - ❖ Dinner Meals: Saturday evening is on your own.
 - ❖ Adult beverages throughout the retreat.
 - ❖ Airfare, transportation to/from the retreat location, and travel insurance.
 - ❖ If flying into Phoenix, we recommend [Groome Transportation](#) for a shuttle to Sedona.
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YES! Register Me:

OPTION 1: Ponderosa Lodging (Retreat Fee \$1,300) – Our retreat cabin has 4

bedrooms (3 private, 1 shared), 2.5 bathrooms, two fireplaces, a full kitchen, 2 dining rooms and a

large living room where we'll meet daily. **The most cost-effective lodging choice (and most fun) is**

to stay in one of the rooms in the retreat cabin. This is open to the first five women who want this

option. Otherwise, you'll seek private lodging on your own, Option 2.

OPTION 2: Private Lodging (Retreat Fee \$1,000) – If you prefer something more private,

a variety of cabins are available at the Briar Patch Inn. You can make reservations through their

website, www.briarpatchinn.com, or at (928) 292-2342. OR - you can choose another lodging choice

in town as well.

Please be advised if you stay elsewhere in town, you will need your own transportation/shuttle to the retreat at the Briar Patch Inn.

Note: Let Beth know if you want to share a private cabin or room elsewhere with a roommate. It is your responsibility to secure your reservation ASAP. Cabins will sell out quickly at The Briar Patch Inn.

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- ❖ Pay in full or pay your (non-refundable) retreat deposit of \$400 – The 2 remaining payments are due Feb 1 and Apr 1, 2024.
 - ❖ Please email Beth at beth@bethbryce.com for electronic payment instructions via Venmo App or Zelle (Banking) or Send your check in the mail via USPS.
 - ❖ Retreat spaces are limited. Unfortunately, if you must cancel due to a life event, the \$400 deposit will be non-refundable unless your spot is subsequently filled.
 - ❖ There are no refunds after March 1, 2024, due to commitments made to The Briar Patch Inn. Thank you for understanding.
 - ❖ Please email Beth at beth@bethbryce.com for electronic payment instructions via Venmo App or Zelle (Banking) or Send your check in the mail via USPS.

Email Beth with Questions