**REAL Women 2024 Schedule**

**Day 1:** **Reset:** Miami - 5pm All Aboard

6pm - Sail Away Soiree –REAL kit (swag bags)

Welcome & Intro Amanda & Heather

7pm Dinner in groups - Get to know you prompts

9pm -10:30pm - Self Exploration plus Yin Yoga & Sound Healing with Kaitylnn and Sharon

**Day 2:  Evolve:**  Key West 8:00am - 5:30pm

8am Yoga with Sharon

9am Morning Workshop - Heather:  Life Transitions

10am Brunch - Amanda book discussion - “Adult Children of Emotionally Immature Parents”

Excursion Recommendation:  Namaste Zen in Botanical Gardens (extra fee)

5:00pm Evening Workshop - You’re not Special: Evolving your Beliefs About Yourself

6pm - Group Dinners

Scarlet night

**Day 3: Advance:**  Day at Sea

9:00am - Heather: Goals

10:00am - Bonnie - Using the Power of the Four C’s

11:00am - Amanda:  Overcoming Barriers

Lunch Bunch - Eat and Mingle (Kaitlynn, Sharon, Heather, Bonnie host casual lunch meet-ups)

2pm - 5pm - Spa (extra fee)

6pm Group Dinner

9:00pm Sharon - Evening Meditation/yoga

**Day 4: Limitless:** Bimini 8:00am - 10:30pm

9:00am Morning Workshop – Kaitlynn - Expanding Your Limits:  Addressing Trigger Points

Enjoy a day of rest and relaxation at private Virgin Bimini Beach Club

5:00pm -  Farewell – Your Limitless potential

6:00pm - Group Dinner

**Day 5:**  Disembark Miami 8:00am