

12 Steps in Defining Your Greatness.....all-inclusive retreat package, blissful accommodations, meals, excursions, mastermind sessions plus 3 months coaching. On this TDY you will be immersed in participative sessions of learning and co-creating with women who desire to put themselves first. (Well-deserved R&R optional anytime.....no sick-call required)

With its unparalleled beauty, Jamaica is the ideal destination for a transformational experience without all the distractions of life. A total mental, spiritual and nutritional engagement. You will depart with a game plan to improve aspects of your life of your own choosing.

The coastal parish of Portland. Lush and peaceful, Portland is more than just its capital, the once-thriving banana town of Port Antonio. Today, despite being far off the beaten tourist track, it offers stunning natural beauty, singular experiences, and exceptional cuisine, all of which combine to make it well worth the trip 😊

Jamaican Blue Mountains, Blue Lagoon, Reach Falls, Rafting on the Rio Grande, Frenchman's Cove, Boston Jerk Center, Monkey Island, Somerset Falls, Winnifred Beach, Nanny Falls, Restoration Village, Port Antonio, Buff Bay

Jamaica is an important source of wholesome fresh foods such as peppers and tubers (yam, sweet potato, coco, cassava, dasheen and Irish potato), green and ripe bananas, plantain, Ackee, Blue Mountain Coffee, Red Stripe Beer, D&G Sodas



While most of us think of sex when we think of Tantra Yoga, this ancient practice is actually a powerful combination of asana, mantra, mudra, and bandha (energy lock) and chakra (energy center) work that you can use to build strength, clarity, and bliss in everyday life. By harnessing and embodying the five forces of Shakti, the female deity that represents creativity and change, Tantric Yoga suggests we can move through the world with more confidence and contentment.



Bringing awareness to your recurring thoughts and actions.

The very first step to change and build new habits is bringing awareness to those thoughts and actions that are repetitive—because they are gaining strength every minute. Start by paying attention to your actions and the results of those actions. Pay attention to what your thoughts are on a regular basis. Thought patterns are habits too.

The more aware you are of your thoughts and actions, the more power you have to break patterns that don't serve you and replace them with something that makes you more productive.



Daily Sample

- 6:00 – Early Bird Meditation and Command your day
- 7:30-8:30 – Breakfast
- 9:00 – 11:00 – Mastermind session - Engaging conversation about your inner power.
- 11:00 – 12:00 Self-realization
- 12:30 - Depart for Reach Falls and Rafting on the Rio Grande
- 1:00-2:00 – Lunch at the Falls
- 5:00 – Return and refresh
- 6:30- 8:00 - Dinner
- 8:00-8:30 – Tantra Yoga
- 8:30 - 9:30 - Change Your Story Change Your Life.
- 9:30 - Gratitude and journaling.The night is young



Delicious and authentic Jamaican cuisine at Mille Fleurs Restaurant, located at the Hotel Mockingbird Hill during my stay as a guest of the hotel. Savored on a gorgeous terrace and served with a sense of elegance and intimacy. The locally sourced organic menu is influenced by what ingredients are seasonally available.

In a modern world that values activity, achievements, and results, it is perhaps surprising that more people are turning to meditation. For all the activity of modern society, people still feel a fundamental need for silence, inner peace, and a moment of reflection. Meditation can reduce stress and help us relax, but, in reality, it also can provide a lot more. Some of the benefits that daily practice of meditation can provide us follow.



Divorce. Job loss. Illness. The death of a loved one. What does one do after experiencing any of life's major turning points? Change Your Story, Change Your Life tackles that question and shows readers how to become the hero of their own stories and change the direction of their lives. After working as a Hollywood story analyst for more than 20 years, 12 of them as a studio executive, Jen Grisanti provides readers with the story tools necessary to "write their story" the way they wish it to be — and to "change their life" in the process.



More than any other personality trait, gratitude is strongly linked to mental health and life satisfaction. Grateful people experience more joy, love, and enthusiasm, and they enjoy protection from destructive emotions like envy, greed, and bitterness. Gratitude also reduces lifetime risk for depression, anxiety, and substance abuse disorders, and it helps people entangled with those and other problems to heal and find closure. It can give you a deep and steadfast trust that goodness exists, even in the face of uncertainty or suffering.

While regular journaling has been proven to improve your wellbeing, making a point of jotting down all the things that you are grateful for can take the experience to a whole new level.