

Creating a New You
for the New Year...

*Life ...
Make it Simple*

Seaside Retreat at
Mermaid Bay
in The Florida Keys

From 5 p.m., Thursday, Jan. 4
through brunch, Sunday, Jan. 7

Join our weekend retreat facilitated by
author Linda Carol, and participating
facilitator, medium Alaine Portner

author Linda Carol
Linda@LifeMakeItSimple.com

medium Alaine Portner
alaineportner.com



Alaine Portner
medium & facilitator



Linda Carol
author & facilitator

*Life ...
Make it Simple*

954-465-5507

LifeMakeItSimple.com/events/retreat.pdf

Join us for a relaxing and
transformative women's
retreat in Islamorada



Let all your worries go and take
the time to focus on creating a new
you for the new year. Each retreat
is unique, depending on the theme.

"Bring the fun back into your life by enjoying
the simple things life has to offer."

- Linda Carol

The focus of a "Life Make It Simple" retreat is to have fun while connecting to your spirit through yoga, organic foods, cold pressed juices, kayaking, paddle boarding, swimming, evening fire pit gatherings, sharing circles & a multitude of facilitated activities.

- Enjoy daytime and starlit swimming in our saltwater pool and Jacuzzi
- Nap in a soothing hammock, sunbathe or meditate on our bayside property surrounded by the beauty of nature
- Bayside morning yoga
- Delicious vegetarian food prepared by our own private chef
- Professional massage available
- Medium session and Aerial Yoga included with retreat
- Sunset boat ride to a beautiful beachside restaurant (meal not included in price)

Enjoy 3 nights & 4 days connecting with yourself on a peaceful, secluded cove in Islamorada.

This is your chance to get away and nourish your body, mind and soul, after all the demands life throws your way. Rediscover a New You for the New Year! We are located in the Upper Keys and are happy to say we had minimal damage from Hurricane Irma. Only a little over an hour from Miami International Airport.

*Come create
a New You
for the New Year!*

To reserve your place in paradise,
call Linda to make a reservation
by Dec. 22, 2017

\$350 deposit required
(II PERSON LIMIT)

Call:
954-465-5507



*The only thing you need to bring
is an open mind and open heart*



Author Linda Carol has shown many people how to love the life they live through her books. She now offers retreats that bring her inspirational messages to life at her home in the Florida Keys.

A Transformative, Relaxing
Women's Retreat
for 2018



Weekend Retreat
Facilitated by Linda Carol
and Alaine Portner

- *Mermaids Cove*: 4 twin beds \$700 pp
- *Sea Glass Room*: 2 twin beds, ground level \$800 pp
- *Mermaid Cottage*: 2 queen beds, ocean view (3rd floor with shared sitting area) \$900 pp
- *Hibiscus Room*: 2 queen beds, ocean view (3rd floor with shared sitting area) \$900 pp
- *Key Lime Room* (only private room): Ocean view, ground level \$1,000

LifeMakeItSimple.com