

PRESENTED BY THEY THRIVE COLLECTIVE AND EUNOIA

SACRED PAUSE

✦ RESET ✦ REVIVE ✦ RENEW

May 17 -19, 2024
Miami Beach, Florida

***A wellness retreat to nourish your
heart, mind, body and soul.***

HOSTED BY: DANIELLE LOMBARD, NICHA TABRIZI AND SHELBY KOBRIN





SACRED PAUSE:

MISSION & PURPOSE

We believe in the transformative power of pausing in a world that never stops moving. Our wellness retreat is a sanctuary for those who want to unplug from the chaos of modern life and embark on a meaningful journey towards growth and wellness.

Guided by esteemed wellness leaders, our program unveils a world of holistic practices and teachings to revitalize your heart, mind, body, and soul. This immersive retreat equips you with sustainable habits and tools to enrich your life, both during your stay and beyond. As we journey together, participants will develop deeper connections with themselves and others, weaving together our collective experiences into a tapestry of transformation.

Our mission is to create a nurturing environment, centered around meaningful connections and curated experiences to support personal growth and spiritual exploration. By dissolving barriers and eliminating distractions, we will empower people to realize their full potential, while cultivating a mindful community.

RETREAT OFFERINGS

EXPERIENCES ✨

Acupuncture
Chef Prepared Meals
Reflection and Goal Setting Workshop
Manifestation Masterclass
Harness Aromatic Healing
Herbalism & Tea Experience

WISDOM CIRCLES ✨

Power of Mindset
The Art of Longevity
Nutrition Essentials
Stress Management
Conscious Conversations

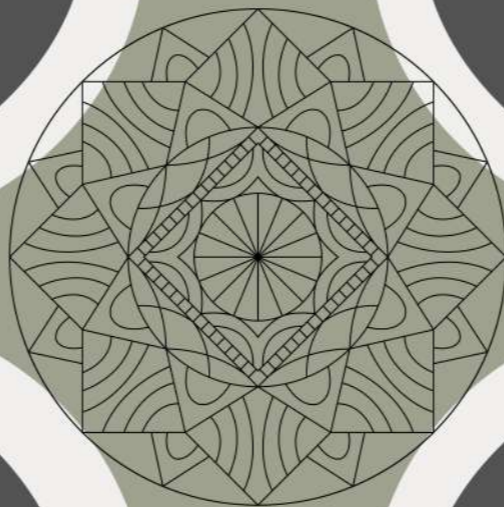
GUIDED JOURNEYS ✨

Cacao Ceremony
Guided Meditation
Shamanic Drumming
Sound Healing
Sweat Lodge Temazcal Ceremony
Yoga and Fitness

ELEVATED SESSIONS ✨

*****Only provided with upgraded packages*****

IV Therapy
Massages
Reiki & Energy Healing
Blood Analysis



ELEVATE YOUR RETREAT EXPERIENCE



- ✦ SACRED PAUSE STANDARD PACKAGE \$1200
Includes all standard retreat offerings, daily lunch and dinner
- ✦ SACRED PAUSE + DISCOVERY PACKAGE* \$1400
Includes all standard retreat offerings, daily lunch and dinner
 - Plus Elevated Spiritual Discovery Experiences, Hape Ceremony and 1 on 1 Energy Healing Session
- ✦ SACRED PAUSE + REJUVENATE PACKAGE* \$1600
Includes all standard retreat offerings, daily lunch and dinner
 - Plus Elevated Rejuvenation Experiences: IV Therapy, Massage and 1 on 1 Energy Healing
- ✦ SACRED PAUSE + REJUVENATE + DISCOVERY \$1800
Includes all standard retreat offerings, daily lunch and dinner
 - Plus, ALL Discovery Package AND Rejuvenate Package offerings, and blood analysis.

*For an additional cost retreat attendees can enhance their experience with upgraded packages. Limited spaces are also available for onsite lodging; inquire with hosts for prices and availability.

SACRED PAUSE

FRIDAY MAY 17 DAY PASS
• INCLUDES HEALTHY LUNCH

\$300



CACAO CEREMONY



VISION IN INK: A JOURNAING
JOURNEY TO GOAL ACHIEVEMENT



FLOW AND FLIGHT: YOGA



ACUPUNCTURE



STRESS MANAGEMENT
WORKSHOP



HERBALISM & TEA EXPERIENCE



FOUNDATION OF SELF: GROUNDING
FOR PERSONAL INTEGRATION

VISIT WWW.THEYTHRIVE.COM/RETREATS

ADDITIONAL SERVICES AVAILABLE FOR PURCHASE ON
INCLUDING IVS, MASSAGES, AND ENERGY HEALING

SACRED PAUSE

SATURDAY MAY 18 DAY PASS
• INCLUDES HEALTHY LUNCH

\$300



FITNESS AND MOBILITY
TRAINING SESSION



THE ART OF LONGEVITY



MINDSET SHAPES SUCCESS
WORKSHOP



NUTRITION ESSENTIALS



HARNESS AROMOATIC HEALING



MANIFESTATION MASTERCLASS



SOUND HEALING CEREMONY

VISIT WWW.THEYTHRIVE.COM/RETREATS

ADDITIONAL SERVICES AVAILABLE FOR PURCHASE ONSITE
INCLUDING IVS, MASSAGES, AND ENERGY HEALING



RETREAT LOCATION & ACCOMMODATIONS





SACRED PAUSE RETREAT

BOOK NOW


MIAMI BEACH, FLORIDA


The Sacred Pause Retreat will be held at a sprawling estate equipped with pool, hot tub and tennis court in Mid-beach Miami. Chef prepared meals will be provided daily. At an additional cost, limited bedroom accommodations will be available for attendees who would like to stay on site at the retreat venue. Both individual occupancy bedrooms and shared bedrooms can be reserved on a first come first serve basis. Please inquire with hosts for additional information if you would like to reserve a bedroom onsite. All other guests are welcome to reserve their own hotel rooms, and Miami locals can commute to the retreat venue daily (parking is limited, so rideshare services are encouraged for those commuting).

ONSITE BEDROOM ACCOMMODATIONS AVAILABLE BETWEEN \$500 - \$2500

- Master Bedroom Suite
- King Bedroom Suite
- 2 Queen Beds Shared Suite
- Queen Bedroom Suite
- Queen Bedroom w/ Shared Bath
- Queen Bedroom w/ Shared Bath

 N Bay Rd, Miami Beach, FL

 www.theythrive.com/retreats

 408-930-6688



RETREAT HOSTS



DANIELLE LOMBARD

ENTREPRENEUR & SELF CARE EXPERT

Danielle is a soulful entrepreneur, bridging the gap between busy lives and sacred self care. From founding nail salons to brand development, she's evolved into a holistic wellness guide. Danielle empowers individuals to rise above stress, integrating plant medicine and mindful rituals to live a more balanced, purpose-driven life, harmonizing pleasure and productivity.



NICHA TABRIZI

FOUNDER & CONSULTANT, THEY THRIVE

Nicha spent over 20 years in the financial services industry as an executive for two of the largest banks in the world. This sparked her passion for coaching and developing people, later inspiring her to launch They Thrive, a business focused on helping individuals and organizations optimize performance and reach their full potential.



SHELBY KOBRIN

CURATOR

Shelby is a skillful curator of people, experiences and spaces. An interdisciplinary student of the healing arts, yoga, meditation, and sacred earth medicines. Shelby brings her education and experience in psychology and aesthetics for over 15 years.