

Spring Retreat

March 13 - 15
Scottsdale, Arizona

FRIDAY 13, 2026

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| Afternoon | <ul style="list-style-type: none">• Guest Check-in• Hoda's Welcome |
| Evening | <ul style="list-style-type: none">• Dinner• Intention Setting Ceremony• Mini Concert with Guest Musician |

SATURDAY 14, 2026

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| Morning | <ul style="list-style-type: none">• Sunrise Movement Activities• Breakfast with Guest Speaker• Breathwork Practices• Reset Workshops• Break / Personal Time |
| Afternoon | <ul style="list-style-type: none">• Lunch with Guest Speaker• Reset Workshops• Fireside Chat• Break / Personal Time |
| Evening | <ul style="list-style-type: none">• Cocktail Reception with Guest Speaker• Dinner• DJ Set |

SUNDAY 15, 2026

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| Morning | <ul style="list-style-type: none">• Sunrise Activities• Brunch & Reflection• Hoda's Closing Circle• Guest Check-Out |
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