Retreat Programming *

Fall Retreat

September 25 - 27, 2026
Amelia Island, Florida

FRIDAY, SEPTEMBER 25

Afternoon

- Guest Check-in and Registration
  12:00PM - 5:00PM
- Guest Free Time
  5:00PM - 6:00PM

Evening

- Happy Hour, Hoda's Welcome, and Photo Moment
  6:00PM - 7:00PM
- Dinner
  6:30PM - 8:00PM
- Intention-Setting Ceremony with Manjit Devgun
  7:15PM - 8:10PM
- Live Music with Colbie Caillat
  8:10PM - 8:50PM

SATURDAY, SEPTEMBER 26

Morning

- Sunrise Activities: Sound Bath or Low-Intensity Movement
  6:45AM - 7:30AM
- Sunrise Movement: Strength Session or Beach Walk
  7:00AM - 7:45AM
- Breakfast
  8:00AM - 9:00AM
- Conversation with Molly Sims
  9:15AM - 10:00AM
- Workshops: Guided Breathwork
  10:15AM - 11:00AM
- Guest Free Time and Hoda's Book Signing
  11:00AM - 12:00PM

*Details Subject to Change

Afternoon

- Lunch
  12:00PM - 12:45PM
- Conversation with Arthur and Ester Brooks
  12:45PM - 1:30PM
- Workshops: Guided Breathwork or Inner-Child Guided Visualization
  1:45PM - 2:30PM
- Conversation with Ally Love
  2:45PM - 3:30PM
- Workshops: Guided Breathwork, Sound Bath, or Craft & Conversation
  3:45PM - 4:30PM
- Hoda's Book Signing
  4:30PM - 5:30PM
- Guest Free Time
  4:30PM - 6:30PM

Evening

- Happy Hour
  6:30PM - 7:30PM
- Dinner
  7:30PM - 9:00PM
- Conversation with Michelle Buteau
  8:00PM - 8:30PM
- DJ Set and Dancing
  8:30PM - 10:00PM

SUNDAY, SEPTEMBER 27

Morning

- Sunrise Movement: Strength Session
  6:45AM - 7:30AM
- Sunrise Activities: Manifestation Visualization or Breathwork
  7:00AM - 7:45AM
- Breakfast
  8:00AM - 9:30AM
- Conversation with Dr. Stephanie Moore
  9:30AM - 10:15AM
- Integration Practice with Manjit Devgun
  10:15AM - 10:20AM
- Hoda's Closing Circle
  10:20AM - 10:30AM
- Hotel Check Out
  11:00AM

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