

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

8:00PM - 8:10PM

- Live Music with Colbie Caillat

8:10PM - 8:50PM

SATURDAY, SEPTEMBER 26

Morning

- Sunrise Sound Bath or Low-Intensity Morning 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 - 1:00PM
- **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 Crochet & 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**
9:00PM - 10:00PM

SUNDAY, SEPTEMBER 27

Morning

- **Sunrise Movement: Strength Session**
6:45AM - 7:30AM
- **Sunrise Activities: Guided 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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