

**Eat. Pray. Live.**

*the Tides Inn*



# Eat. Pray. Live.

June 21 – June 23, 2020 • 11am

**RETREAT AT THE TIDES INN, IRVINGTON, VA.  
A WOMAN'S GETAWAY**



**Author + Master Coach, Elizabeth Trinkaus  
+ Executive Chef, Alex Pasco**

Get ready to experience your life on an elevated level. Imagine getting plugged in and lit up. Lightened-up too. Elizabeth Trinkaus delights in the swift transformations that occur at her retreats and is dedicated to taking you on a magical journey that your soul has always longed for. Bye-bye to the weight of negative thoughts, hello to the lightness of your positive heart. You deserve to walk with greater happiness, confidence, and ease every day.

# Just What I Was Looking For

Join us for this all-inclusive, Just What I Was Looking For EAT. PRAY. LIVE. Retreat based on Elizabeth Trinkaus' transformational tools that she has been carefully collecting for decades.

And, as a big bonus, Executive Chef, Alex Pasco, will pair our healthy meals with the positive messages that we will be "taking in" throughout our retreat. Chef Pasco will provide local, seasonal foods, and he will offer a private cooking class that will add to your memorable dining experience. Chef Pasco reminds us that "healthy meals have the power to feed our souls." And we all want more of that. We will enjoy our dinner at The Overlook — outdoor family-style dining overlooking the water. Your body, mind, and soul are sure to be refueled and filled.

## Eat.

Enjoy gourmet food + drinks, and powerful tools to design your **inspired story**. What you choose to **"take in"** is key. Together we are learning to be **kind to ourselves** and choosing positive messages to fuel our journey. We will do a complete workshop on the **importance of being conscious** about what you take "in," and in the evening, Again, Chef Pasco will entice us with **healthy, local, gourmet delights**.

## Pray.

There's a lot of noise out there. It makes it hard to hear your **wisdom** and **align with your intuition**. Reserve time to slow down and **go within**. Commune with the **Universe, God + nature**. Own and align with your spiritual source. The Tides Inn will inspire **deeper breaths, open hearts, and soul renewal**. Elizabeth will also offer **personalized, empowering, guided meditations** throughout the retreat.

## Live.

Tools are gathered. **Souls filled**. Your experience will have you prepared to live each day with more certainty that **you are enough, more kindness** with your **self-talk**, and more **energy** to live your very **brightest life**.





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## Elizabeth Trinkaus

More than 25 years' experience of facilitating, Elizabeth Trinkaus delights in watching miracles happen when you commit to your priceless journey and see your true brilliance. Her passion and expertise include offering tools to heal old stories, write new ones, own your worth, and design a life you love (and deserve). She is always conjuring up new ideas to bring more zip and zest to your miraculous journey. It's time to embrace life, not escape it.

Elizabeth is author of *Enough Already! Yes, You Are...*, a Master Coach, and podcast host. Her book, endorsed by Jack Canfield, offers in-the-moment tools to place you on your path of power, positive self-talk, and peace.



*Alex Pasco*  
Alex Pasco

## more about --- Executive Chef, Alex Pasco

Before joining the team at Tides Inn, Chef Alex Pasco held the title of Chef de Cuisine at Enchantment Resort in Sedona, Arizona, championing the use of native ingredients to produce ingredient-forward and experimental dishes for the resort's menus. Pasco also worked as Head Chef at Mii amo in Sedona, where he crafted innovative, mindful cuisine at the #1 destination spa in the U.S. named by *Travel + Leisure* magazine.

Prior to his time in Sedona, he worked alongside Michelin-starred chef Matthew Dolan at 25 Lusk in San Francisco. These diverse experiences nurtured Pasco's ability to think creatively in his menu development and manage a food and beverage program in an effective and supportive manner.



# Reserve Your Spot For Our June 21 – June 23, 2020 Experience

Spring is a time for renewal. Celebrate this glorious season at the beautiful Tides Inn in Irvington, VA. This iconic coastal town and magnificent surroundings will have you reeling and relaxing.

**Get ready for the breathtaking views over the Chesapeake Bay, culinary delights, welcoming reception, beach yoga, masterful workshops, inspiring cooking demonstration, and ease with self that is priceless.**

After your closing ceremony, you will float away with personalized tools that are proven to have enormous ripple effects in every corner of your life.

# Retreat Takeaways

- *Align* and absorb thoughts that manifest the life you deserve
- *Stand* in your wisdom and intuition
- *Write* and re-design your new empowering story
- *Shine* with all your perfect imperfections
- *Cook* + eat with more intention
- *Live* with greater joy, trust, and ease

## Who This Retreat is For

- *Anyone* ready to be the designer of their life and walk with personal power and confidence.
- *Anyone* needing a soulful three-day women's getaway to reboot their journey and acquire lifelong tools to ignite their life.
- *Anyone* who has always wanted to "retreat," and knows that now is the time and place for their uplifting, unforgettable experience.

# What You Get

**Two nights** (in your beautiful king water view room)

**Welcome Reception** (heavy hors d'oeuvres and wine)

**Live music**

**Welcome gift bag**

**Healthy private menu breakfast** (both mornings)

**Yoga on the beach** with Rebecca Riley

**Four transformative gatherings** with expert facilitator Elizabeth Trinkaus

**Delicious private menu lunch**

**“Lighten My Day” Cooking Class**

with Executive Chef Alex Pasco

**Dinner on the Overlook** (waterfront)

**All meals infused with positive messages**

**Integrated shifts** that will bring grace to your every day

**And, ease + joy with self** that is priceless



# Package Pricing

## June 21–June 23

Cost is \$1,450 per person to include:

- 2 nights in a King Waterview room
- Welcome Reception with Heavy Hors d'oeuvres + Wine
- 2 Breakfasts
- 1 Lunch
- Cooking Demo
- Dinner on the Overlook
- Yoga on the Beach
- 3 Workshops

## Reserve your Woman's Getaway Experience

For more information, please visit our website or contact us.  
Advanced reservations are required for this unique experience.

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