



Second Sunday
Sacred Soul Experience

The Tides Inn • Irvington, VA

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HOSTED BY



Elizabeth Trinkaus
Expert Retreat
Facilitator & Author



Rebecca Riley
Yoga Instructor
Spa & Wellbeing Manager

“Sometimes, the bravest and most important
thing you can do is just show up.”

– Brené Brown

Second Sunday Sacred Soul Experience

Your soul is sacred.

We live in a world that focuses on the exterior, and our fast-paced lives are depleting us. Our monthly experience will give you time to slow down, connect with your inner wisdom, be mindful and truly nourish your soul. Recharge her — like you do your phone each night. It will positively affect your joy levels, your ease and your quality of life.

What to expect for every month:

- Clear direction to refuel your soul.
- A choice to show up for your magical life
- An ease with self that is priceless
- The palpable shift from the debilitating voice of the inner critic, to the energizing voice of the encourager
- Action steps / a plan to honor your sacred soul
- Plus, free time, water time, celebration time, beach yoga, golf, gourmet meals and everything you need to be taken care of.



Monthly Themes

July 12-13: Owning My Story

“You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness.” - Brené Brown
Feel the freedom to own your story.

Aug. 9-10: Ageless Goddess

Choosing to age with grace and compassion will transform your energy levels, joy levels and health.

Sept. 13-14: Choosing Compassion Over the Critic

Meet Doubting Dotty & Believing Betty. Who is holding the microphone? Who are you listening to?

Oct. 11-12: Falling Back In Love with My Life

Autumn is here and we are making room for new growth. What is your heart's re-design?

Nov. 8-9: Holiday Elixir

Join us for your perfect holiday elixir — tools to celebrate, de-stress and acquire tools to truly enjoy the holiday season.

Dec. 13-14: The Gift of Enough

It's dark, it's December, and we will remind you that you are enough, you do enough, and you have enough. Let this season be a gift and allow your soul to shine.

“Elizabeth Trinkaus’s specialty is helping women own their worthiness, with all their perfect imperfections. After attending her workshops, I doubt less, and experience my ‘happy’ more. The tools she brings to every gathering is priceless. And, they have a positive influence in every area of my life. My sacred soul is full.”

– Debra Sarbaugh

Agenda

Second Sunday

4:00 pm: Arrive, nest

5:00 pm: Sacred Soul opening workshop

6:30 – 7:45 pm: Reception with healthy hors d'oeuvres/
small plates & cash bar

7:30 pm: Optional sunset cruise

8:00 – until: Fireside mingle

Mindful Monday

7:30 - 8:30: Breakfast in bed (individual room service or on
the terrace/in the Club)

8:30 - 9:30: Yoga on the beach with Rebecca Riley
(optional) or biking, swimming, kayaking, nature walk

10:00 am - 1:00 pm: Sacred Soul workshop, followed by
boxed picnic lunch, closing ceremony

1:00 - until: Free time. Choices (included): biking, swimming,
kayaking, pool, nature walk, on-site golf.

Option add on's (by appointment): spa treatments, master
coaching session, and more. (Check with The Tides Inn).

What's included:

Waterfront Room

Sunday's Opening Workshop

Reception With Healthy Hors D'oeuvres

Sunset Cruise

Gourmet Breakfast

Yoga On The Beach

Monday's Inspirational Workshop

Delicious Lunch

Late Check-Out

Complimentary Use Of Kayaks, Bikes,
Pool, Par-3 Golf (With Clubs)

Priceless Tools For Your Sacred Soul



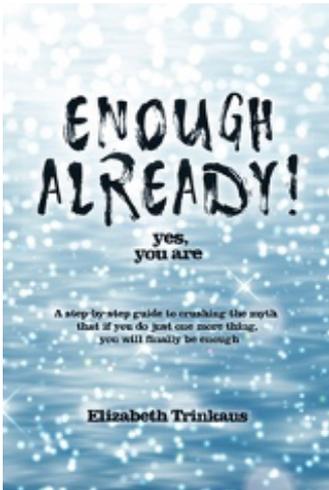
About Elizabeth Trinkaus

I was born in Norwalk, CT. I (with my two bro's, mom, + 3 dogs) spent several of my early years riding across the country in our champagne-mist Buick station wagon with my gypsy dad on his very crowded vision quest. I like control (wonder why?), and I practice surrendering a lot (wonder why?).

I created my life coaching company, Pinnacle View, 30+ years ago. I know that a shift in perception will put you on top of the world. I believe we get to put more of a design on our lives than we were taught.

I teach - through coaching, retreats, and podcasts - how to write your empowering new story, and how self-care for your sacred soul is imperative. I am the author of Enough Already, Yes You Are... I've lived with my life squeeze, Greg, for 22+ years in Chapel Hill, NC, along with our rescue pup, Tali.

I derive great pleasure from experiencing the everyday miracles that happen when you walk with expectation. I practice the tools I teach, I stumble like everyone else, and I am dedicated to making a difference! www.lizretreats.com



Signed copies of Elizabeth Trinkaus' book will be available

Enough Already, Yes You Are...

All-inclusive private room - starting at \$756.00.

All-inclusive shared room - starting at \$632.00.

Locals (without room) - starting at \$435.00.

Reserve your Second Sunday Sacred Soul Experience

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

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