

# SELF-CONNECTION RETREAT

## Itinerary

May 18th - May 20th 2026

Hosted by Paola Baharav

Transformational Coach · NLP Practitioner · Founder of The Connected Women™

## ITINERARY

Monday, May 18

1:00 - 3:00 pm: Arrival & Grounding.

3:00 - 4:45 pm: Opening Circle + Workshop #1:  
Coming Home to Yourself.

4:45 - 6:00 pm: Free time.

6:00 - 7:00 pm: Dinner.

7:15 - 8:45 pm: Workshop #2:  
Releasing Old Narratives.

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## Tuesday, May 19 - Deepening the Connection

7:45 - 8:30 am: Breakfast.

8:45 - 10:15 am: Join us for a peaceful hike through Bowman's Hill Preserve.

10:30 - 11:30 am: Yoga & breath work.

12:00 - 12:45 pm: Lunch.

1:00 - 2:30 pm: Workshop # 3: Letting Go and Embracing Your Full Potential.

2:30 - 5:00 pm: Free time or explore New Hope.

5:30 - 6:45 pm: Dinner.

7:00 - 8:00 pm: The Connected Women Circle

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## Wednesday, May 20 - Integration & Rising

8:30 - 9:30 am: *Morning Yoga & Breathwork.*

9:45 - 10:45 am: *Breakfast.*

11:00 - 12:45:00 pm: *Workshop #4:*

*Reclaiming Your Power - Closing Circle.*

*1:00 pm: Light lunch and departure.*

I'm looking forward to sharing these three days with you.

Sincerely,  
Paola

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