

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

8:00 - 9:30 am: Breakfast.

9:30 - 11:30 am: Join us for a peaceful hike through Bowman's Hill Preserve.

12:00 - 1:00 pm: Lunch.

1:00 - 1:30 pm: Break.

1:30 - 2:30 pm: Self-Connection Class with Alessandra Le Pera Spiritual Counselor.

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

5:30 - 6:45 pm: Dinner.

7:00 - 9:15 pm: Workshop # 3: Letting Go and Embracing Your Full Potential.

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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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