



*Barefoot & Bougie Retreat*



*Florida Keys, 1/17-1/20*



YOGA, BREATHWORK, PSYCH-K

BONDING, LAUGHTER, CONNECTION

ADVENTURE, COCKTAILS, FUN

# KEY HAVEN - FLORIDA KEYS

1 MILE FROM KEY WEST IN A GATED COMMUNITY



7 BEDROOMS  
6 KING SIZE OPTIONS  
1 BUNK ROOM (4 BEDS)



RESORT STYLE POOL  
FIREPIT  
WRAP AROUND PORCHES  
CHEF'S KITCHEN



MULTIPLE COMMON AREAS  
GAME ROOM  
WALK TO THE WATER

BAREFOOT & BOUGIE

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## AVAILABLE ROOMS:



"THE HEMINGWAY"  
KING SIZE SUITE WITH  
PRIVATE BATH

SINGLE SERVE: \$2800  
DOUBLE TROUBLE: \$2200



"THE PELICAN"  
KING SIZE SUITE  
WITH PRIVATE BATH

SINGLE SERVE: \$2800  
DOUBLE TROUBLE: \$2200



"THE CONCH"  
KING SIZE SUITE  
WITH PRIVATE BATH

SINGLE SERVE: \$2800  
DOUBLE TROUBLE: \$2200

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## AVAILABLE ROOMS:



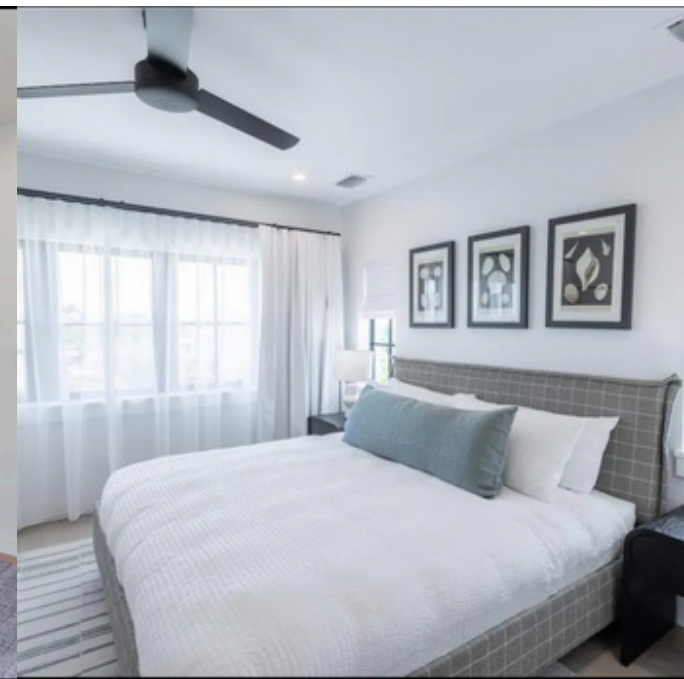
"THE SEA TURTLE"  
KING SIZE SUITE WITH  
PRIVATE BATH

SINGLE SERVE: \$2800  
DOUBLE TROUBLE: \$2200



"THE YACHTY"  
BUNK ROOM SUITE  
4 DOUBLE BEDS  
WITH PRIVATE BATH

SINGLE SERVE: \$2000



"THE SEA BREEZE"  
KING SIZE SUITE  
WITH PRIVATE BATH

SINGLE SERVE: \$2800  
DOUBLE TROUBLE: \$2200

BAREFOOT & BOUGIE

1/17-1/20

YOGA, BREATHWORK, PSYCH-K

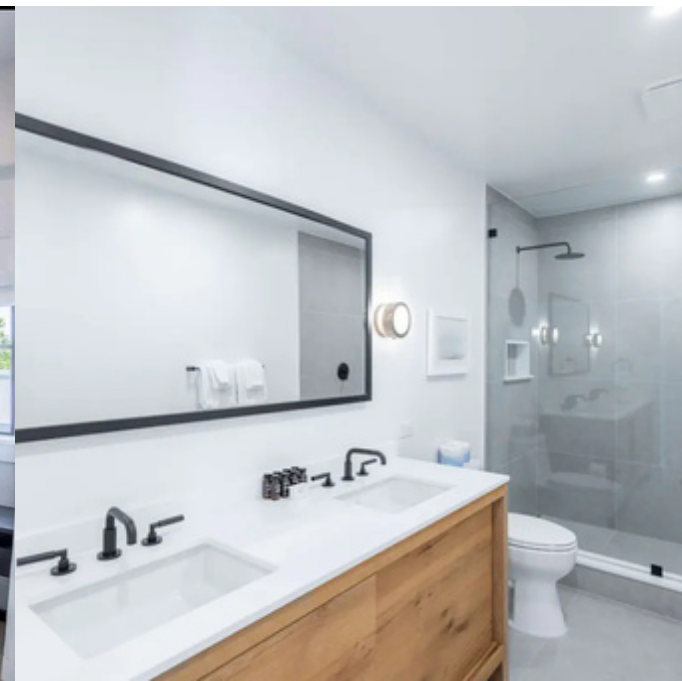
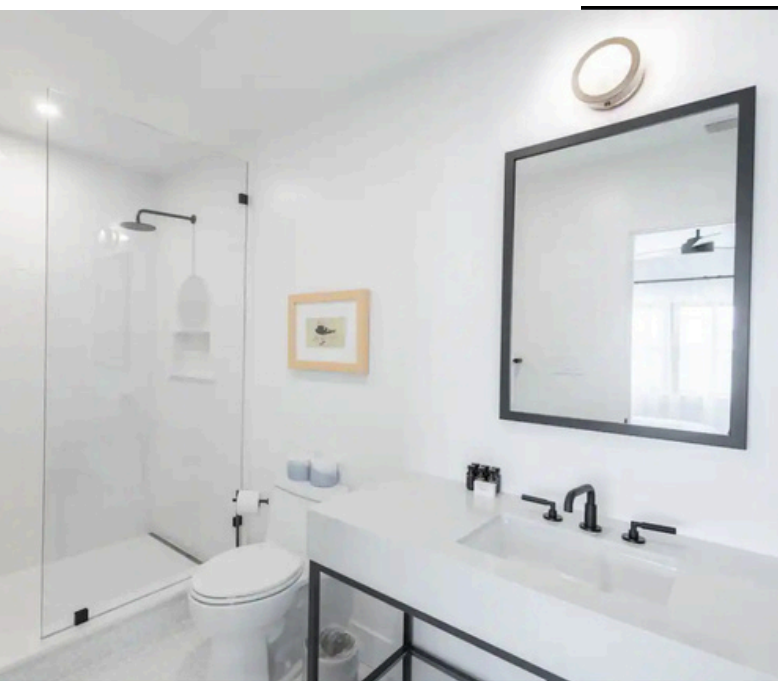
BONDING, LAUGHTER, CONNECTION

ADVENTURE, COCKTAILS, FUN

# KEY HAVEN - FLORIDA KEYS

1 MILE FROM KEY WEST IN A GATED COMMUNITY

## AVAILABLE ROOMS:



ALL BEDROOMS FEATURE PRIVATE  
LUXURIOUS BATHROOMS

"THE CRAB"  
KING SIZE SUITE  
WITH PRIVATE BATH

SINGLE SERVE: \$2800  
DOUBLE TROUBLE: \$2200

ENJOY A SPA SHOWER AFTER  
A DAY ON THE WATER

BAREFOOT & BOUGIE

1/17-1/20

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## DAY 1 ITINERARY

### Friday 1/17

- Check In 4 pm
- Snacks and welcome drinks
- 5:30 pm poolside “get to know you” circle with a little breathwork and stretching
- 7 pm dinner at the house
- 8:30 pm bonfire with solstice ceremony

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## DAY 2 ITINERARY

### Saturday 1/18

- Morning: group meditation & yoga - breakfast - Psych-k in small groups
- Walk to the water with Murphy dog
- Light lunch at the house
- 1 pm ish - head to downtown key west

Key west day touring options:

- Hemingway house
- Hop on tour
- Shopping and drinks
- 5:30 pm - meet for dinner and drinks at local restaurant
- Option to stay out or go home

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## DAY 3 ITINERARY

### Sunday 1/19

- Morning: group meditation & yoga - breakfast - Psych-k in small groups
- Walk to the water with Murphy dog
- Light lunch at the house
- 1 pm ish - head to boat for chartered boat day - snorkeling, swimming, fun and sun!
- 6 pm - head to local restaurant for dinner
- Do karaoke or bar hop OPTIONAL



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## DAY 3 ITINERARY

### Monday 1/20

- 8 am - yoga and meditation
- 9 am breakfast
- 10 am depart

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## RETREAT INCLUDES:

- Breakfast, lunch, snack food, coffee, tea, green juice
- Night 1 dinner
- Ubers to key west
- Psych-K each day - value per person \$900
- Yoga/movement each day - value: \$100
- Breath-work & Meditation \$50
- Personalized Gift bags
- Chartered Boat Day
- Wine/cocktail at the house
- Therapy dog, priceless

\$1500 value of extras 🌟😊

Sign Up [HERE](#)



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## MEET YOUR HOSTS:

Katie & Cheryl loveee traveling and prefer a 50/50 style of exploring & enjoying different cities - half barefoot & half bougie!

We appreciate mixing grounding self-care elements with bougie restaurants, wine & dancing.

Hence, the 50/50 retreat! We believe that no one vacations quite like we do and are excited to be hosting this getaway for like minded people to sit back, learn a little and have a lot of fun!

We will take care of all the details to make this trip extra special. Your biggest stressor will be whether to go almond or oat milk with your morning latte :)

This amazing Florida retreat will take place on Key Haven, just one mile from bustling Key West. We are close to all of the action without all of the noise - win, win!

Sign Up [HERE](#)

**BAREFOOT & BOUGIE**

**1/17-1/20**