



WOMAN EXPLORE

# Retreat Itinerary

DEBRA MORRISON, WE CAN DO IT WOMEN'S WEALTH & WELLNESS RETREAT

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

## Day 1: Welcome to San Diego

---

Check into your retreat accommodation from 3:00 pm and settle into the peaceful setting. Take some time to relax or explore the area at your own pace before the retreat officially begins.

At 6:30 pm, meet the group in the lobby for a welcome dinner. This is your opportunity to connect with fellow participants, set your intentions for the retreat, and enjoy an evening of meaningful conversation and delicious cuisine as we kick off this transformative experience.

**Accommodation:** Hotel Indigo San Diego Del Mar

**Meals Included**

- Welcome dinner

---

## Day 2: Wealth & wellness begins

---

Start your day with a nourishing group breakfast at 8:00 am, followed by an empowering Wealth Workshop led by Debra Morrison, where you'll begin to explore strategies to create and maximize your wealth.

Later, head out for a refreshing beach walk or an optional hike through Torrey Pines, taking in San Diego's natural beauty. Referred to as "the place where the surf meets turf," Del Mar is famous for its beautiful beaches, world-renowned racetrack, wonderful weather and upscale living.

In the afternoon, join your first Wisdom Circle, a space for deep, inspiring conversations to amplify your potential and impact.

**Accommodation:** Hotel Indigo San Diego Del Mar

**Meals Included**

- Breakfast

**Included Activities**

- Wealth Workshop
- Beach walk or hiking option
- Wisdom Circle

---

## Day 3: Honoring women's history

---

Begin with a delicious group breakfast at 8:00 am, then head to the Air and Space Museum, where the focus will be on celebrating Women's History Month. Explore exhibits honoring trailblazing women who have made remarkable contributions in aviation and space exploration, sparking inspiration for your own leadership journey.

After returning to the retreat venue, gather for another Wisdom Circle in the afternoon. Reflect on the day's inspirations and continue to deepen your connection with the group as you discuss how to channel the lessons from history into personal and collective growth.

**Accommodation: Hotel Indigo San Diego Del Mar**

### Meals Included

- Breakfast

### Included Activities

- Air and Space Museum visit
- Wisdom Circle

---

## Day 4: A day of wealth & connection

---

Kickstart your morning with breakfast before diving into your second Wealth Workshop. This session will provide even more insights and tools to amplify your prosperity and create intentional wealth, with actionable takeaways to integrate into your life.

As the sun sets, set sail on a stunning Sunset Sail along San Diego's beautiful coastline. Feel the ocean breeze, take in the breathtaking views, and reflect on your progress and connections from the retreat.

After the sail, enjoy an optional evening walk to the local plaza or dining area with some of your new friends. Explore the vibrant atmosphere, indulge in delicious local cuisine, and deepen the bonds you've formed in this relaxed, social setting.

**Accommodation: Hotel Indigo San Diego Del Mar**

### Meals Included

- Breakfast

### Included Activities

- Wealth Workshop
- Sunset Sail

---

## Day 5: Adventure & reflection

---

Fuel up with breakfast before heading out on an e-bike tour. Designed for all fitness levels, this guided adventure allows you to explore San Diego's vibrant scenery, from coastal paths to scenic trails.

The afternoon is yours to enjoy some free time. Whether you choose an optional hike through Balboa Park, relaxing downtime, or quiet reflection, this is your moment to recharge.

Conclude the day with a final Wisdom Circle, celebrating the breakthroughs, connections, and learnings from the retreat. Share your reflections and set intentions for carrying this transformation forward into your daily life.

**Accommodation: Hotel Indigo San Diego Del Mar**

### Meals Included

- Breakfast

### Included Activities

- E-bike tour
- Free time or optional hike
- Wisdom Circle

---

## Day 6: Farewell for now

---

Enjoy a final breakfast together before the retreat concludes. Say goodbye to the incredible women you've connected with, departing with a renewed sense of purpose, empowerment and actionable tools to live a wealthier, more fulfilling life.

Keep in touch and safe travels!

### Meals Included

- Breakfast