

# REINVENTING THE WOMAN 2023

All-Inclusive Woman's Health Revolution

from the Top-Down Inside-out!

April 27th-May 1st, 2023

Villa Serenas, DR



*Villa Serenas*  
*Las Galeras, Samaná, Dominican Republic*







## VILLA SERENA

# HOTEL

Villa Serena is a hidden gem, an oceanfront boutique hotel in the Dominican Republic's most beautiful part, on the northern coast of the Samana Peninsula.

Villa Serena's tranquility, harmony, and elegance, invite you to *relax* and *unwind*; its surprising tropical setting is full of discovery and adventure at the same time.

Ocean View Rooms with Terrace, under coconut trees, surrounded by lush tropical gardens and the splendor of virgin nature.

Both at the pool and on the beach, you will be enveloped by the sound of the sea and the palm trees singing in the wind. Secluded, yet only minutes away from a quaint village and the possibilities for exciting experiences...

A perfect retreat...

### FACILITIES

- All rooms with ocean view
- Outdoor swimming pool
- Private beach
- Yoga Shala and all necessary equipment
- Tours and activities
- Spacious restaurant with terrace
- Environmentally friendly

### HIGHLIGHTS

- Boutique hotel with a private beach
- Guided daily classes and enrichment activities
- Plant-Based meals prepared with fresh, local, organic ingredients
- Vegetarian, vegan and raw vegan menu with gluten-free options
- Bikes, kayaks, and snorkeling equipment free of charge



[villaserena.com](http://villaserena.com)



*Villa Serena*  
*Las Galeras, Samaná, Dominican Republic*





VILLA  
SERENA

## ROOMS

A small island floats just in front of you while the waves break around it on never-ending coral reefs...

Each room has a different theme, mood, and charm and is decorated with meticulous attention to detail, reminiscent of Victorian style.

The atmosphere invites you to relax, read, meditate, write, reflect, create, daydream...or relish the sights, the sounds, and the smells...

As a small boutique hotel that prides itself on personalized service, we will do our absolute best to accommodate all your requests.

### **Deluxe rooms**

11 recently renovated, air-conditioned rooms, with a direct ocean view and private balcony or a terrace. Bathrooms with a jacuzzi bathtub, bathrobes, and slippers, coffee, and tea facilities. You can choose between a room with a king-size bed and one with two full-size beds.

### **Superior rooms**

10 air-conditioned rooms, with a side ocean view and private balcony or terrace. You can choose between a room with a king-size bed and one with two full-size beds.



villaserena.com



*Villa Serena*  
*Las Galeras, Samaná, Dominican Republic*





VILLA  
SERENA

## RESTAURANT

An elegant restaurant located directly on the ocean front and surrounded by a lush tropical garden and spacious terrace.

All meals are made on-site from healthy fresh ingredients that are locally sourced.

The plant-based menu offers a vast array of international, Caribbean, Latin American, Asian and Dominican dishes with exciting vegetarian, vegan, raw vegan and gluten-free options as well as tantalizing original creations that combine local tradition with contemporary innovations.



[villaserena.com](http://villaserena.com)



*Villa Serena*  
*Las Galeras, Samaná, Dominican Republic*



VILLA  
SERENA

## SHALA

Villa Serena's peaceful and beautiful location offers the perfect setting for our REINVENTING THE WOMAN 2023 retreat.

The amazing natural views, the singing of the birds, the sound of the waves, coconut trees swaying in the gentle breeze, the smell of exotic flowers...

Lisa and Christine will help to guide your body, mind and soul to receive new energy each day!



*Villa Serena*  
*Las Galeras, Samaná, Dominican Republic*



VILLA  
SERENA

# LAS GALERAS

In the middle of the bay of Las Galeras, on the peninsula of Samana, Villa Serena is surrounded by extraordinary virgin beaches...white sands and turquoise waters, secluded, accessible on foot, by boat, by bike, or horseback.

In only ten minutes by boat, you will enjoy Playa Rincon, voted one of the 10 most beautiful beaches in the world.

A short walk will lead you to a picturesque village where you can experience local culture.

## REINVENTING THE WOMAN EXPERIENCES

Lisa and Christine will lead you through the experience of a lifetime.

Expect daily classes such as yoga, meditation, mindset, reflection, health, wellness, empowerment and more. Reconnect with your mind and body, as you enjoy a boat cruise through crystal clear waters and enjoy lunch at your very own beach. Take in the beauty of nature as you embark on short, but invigorating hikes and then relax on the beach, by the pool or grab a nap on your private veranda.



*Villa Serena*  
*Las Galeras, Samaná, Dominican Republic*



VILLA  
SERENA

## All-Inclusive Price

**4 Nights, Food/Beverages, Airport  
Transportation, Excursions, Health & Wellness  
Programs/Activities, Swag bags  
(Tax Included)**

### Rooms

**Superior single occupancy (1 pers):\$2,040**

**Superior double occupancy (2 pers):\$3,604 (\$1,802 per/person)**

**Deluxe single occupancy (1 pers):\$2,228**

**Deluxe double occupancy (2 pers):\$3,792 (\$1,896 per/person)**

**\*\*Payment Options Available: Leave a \$250. Deposit or Pay in Full through October and save \$100.**

**-OR- Split the Cost of the trip into 2 Payments!\*\***

VILLA  
SERENA



# Reinventing the Woman Experience



Meet Your  
Retreat Leaders



**Lisa Charles, Best Selling Author, CEO of Embrace Your Fitness, is the Breathing Boss and the Brain-Body Alignment Specialist helping women to live an Age Defying Life so they can release stress - restore energy and gain mental clarity to live the life of their dreams, has teamed up with Christine Conti, Best Selling Author, CEO of CONTI Fitness & Wellness, Chronic Disease Fitness Specialist, Mindset Coach, Keynote Speaker- helping people overcome fear and unleash their "split-second courage" to live the fun and fulfilling life they deserve.**

**Reinventing the Woman is an immersive, stimulating all-women's, all-inclusive, life-changing retreat. Be prepared to ignite your passions, while crafting your personal vision for an Age Defying Life.**

**Discover how to improve your overall health from the inside-out as you experience guided mind and body classes specifically designed for every fitness level. Engage in self-reflection through yoga, breathwork, meditation, dance, weight training and more. Learn how to tap into your greatest potential by facing your fears and believe that anything is possible.**

**During your time at REINVENTING THE WOMAN 2023, you will learn to:**  
**Peel back the layers of fear that hold you back, and navigate stress and uncertainty**  
**Honor and appreciate your true value – understanding who you are at your inner most core**  
**Re-wire the brain to transform negative –limited thoughts into positive-transformational actions.**  
**Craft a plan to bolster physical, mental, emotional and spiritual realms of your life**

**\*\*Book Flights by January 2023 to Arrive and Depart from Santo Domingo Airport, DR.\*\***