

Life Intensive Packages 2022

4-Day Mentoring	3-Day Mentoring	2-Day Coaching	1-Day Coaching	Create Your Own
10+ Mentor Sessions	10 Mentor Sessions	7 Coach Sessions	5 Coach Sessions	TBD
8 Meals	5 Meals	3 Meals	3 Meals	
Up to 4 Adventure/Relax Options	Up to 2 Adventure/Relax Options	Up to 2 Adventure/Relax Options	1 Adventure/Relax Option	
3 Nights in a Beach Front Condo	2 Nights in a Beach Front Condo	1 Night in a Beach Front Condo	1 Night in a Beach Front Condo	
2 Workout Options	1 Workout Option	1 Workout Option		
\$1500.00 + options cost	\$1000.00 + options cost	\$700.00 + options cost	\$500.00 + options cost	

Workout Options:

- Yoga
- CrossFit
- Godbodwod (using one dumbbell or just body weight for onsite workout)

Relax Options:

- Massage
- Manicure
- Pedicure
- Facial
- Hair Salon
- Nap 😊

Adventure Options:

- Paddle Board
- Kayak
- Boat Ride
- Beach Day
- Lighthouse/Jetty
- Boardwalk
- Congo River Mini Golf
- Marine Science Center
- Beach Street Shoppes & Chocolate Factory
- Tanger Outlets
- River Walk
- Dolphin Tour
- Blue Springs*
- Daytona Lagoon*
- Other (feel free to do your own research and let us know what you want to do)

*Only available with 4-Day Mentoring Package due to time needed

Life Intensive Schedules 2022

	4-Day Mentoring	3-Day Mentoring	2-Day Coaching	1-Day Coaching	Create Your Own
Day 1	4:00pm – Check in	4:00pm – Check in	1:00pm – Arrive	10:00am – Arrive	TBD
	5:00pm – Session 1	5:00pm – Session 1	1:30pm – Session 1	10:30am – Session 1	
	6:00pm – Dinner	6:00pm – Dinner	2:30pm – Adventure/ Relax Option	12:00pm – Lunch	
	7:30pm – Session 2	7:00pm – Session 2&3	4:30pm – -Check In -Session 2	1:00pm – Adventure/ Relax Options	
	9:00pm – Relax/ Process	9:00pm – Relax/ Process	6:00pm – Dinner	3:00pm – Session 2&3	
			7:30pm – Session 3	5:00pm – Check In	
			9:00pm – Relax/ Process	6:00pm – Dinner	
				7:30pm – Session 4&5	
				9:00pm – Relax/Process	
Day 2	8:00am – Devotions/ Breakfast	8:00am – Devotions/ Breakfast	8:00am – Devotions/ Breakfast	8:00am – Devotions/ Breakfast	
	9:00am – Workout options	9:00am – Workout options	9:00am – -Check out -Workout options	9:00am – Check out	
	10:00am – Session 3&4	10:00am – Session 4&5	10:00am – Session 4&5		
	12:00pm – Lunch	12:00pm – Lunch	12:00pm – Lunch		
	1:00pm – Adventure/ Relax options	1:00pm – Adventure/ Relax options	1:00pm – Adventure/ Relax Option		
	5:00pm – Session 5	4:00pm – Session 6&7	3:00pm – Session 6&7		
	6:00pm – Dinner	6:00pm – Dinner	5:00pm – Head Home		
	7:30pm – Session 6&7	7:00pm – Session 8-10			

	9:00pm – Relax/ Process	9:00pm – Relax/ Process			
Day 3	8:00am – Devotions/ Breakfast	8:00am – Devotions/ Breakfast			
	9:00am – Workout options	9:00am – Check out			
	10:00am – Session 8&9				
	12:00pm – Lunch				
	1:00pm – Adventure/ Relax options				
	5:00pm – Session 10				
	6:00pm – Dinner				
	7:30pm – Session 10+				
	9:00pm – Relax/ Process				
Day 4	8:00am – Devotions/ Breakfast				
	9:00am – Check out				