



write,
flow
& Thrive!

DECEMBER 8TH - 16TH, 2024

An 8-Day Hawaiian
Writing Retreat for Women

Write your story! ...in 8 Days & 7 Nights in Paradise!

Join us in magical Hawaii, for an immersive 8-day writing retreat designed to help you make massive, meaningful progress on your writing project. Whether it's a novel, memoir, non-fiction work, academic publication, screenplay, poetry, song or blog series, this retreat will help you GET IT FLOWING!

Set against Honolulu's stunning landscapes, this retreat blends focused writing time with daily contemplative and creative practices that help you awaken your genius, dissolve mental blocks, and connect meaningfully with a supportive community of fellow writers.

Each day, we'll nurture our bodies with movement and meditation, share ideas and breakthroughs in mastermind-style discussions, and delineate structured writing blocks to dive deeply into our work. We've curated this retreat to be both effective and affordable, ensuring you'll leave with tangible progress, fresh perspectives, and a clear vision for completing your project.

JOIN us in magical HONOLULU, HAWAII!



Retreat Highlights

- Daily meditation, movement and breathwork sessions to nurture body and mind
- Masterclasses on Self-Publishing, Marketing & Publication of YOUR story!
- Mastermind-style round tables to tackle creative blocks and exchange feedback
- Cutting edge strategies on leveraging AI to warp-speed your writing process!
- Structured time blocks for effective & focused writing sessions
- Delicious, nourishing meals to keep you energized and motivated
- Group activities for playful inspiration (hiking, swimming, sunset beach walks & fireside storytelling!)
- Free time to recharge & explore Hawaii's timeless beauty



Cone Retreat Schedule

7:30AM

MORNING MOVEMENT & MEDITATION SESSIONS

We'll begin the day with movement, breathwork and meditation, to center the mind and open your creative channels.

8:15AM-9:30AM

SELF-SERVE BREAKFAST BAR

Help yourself to breakfast at your own pace. Use this time to ease into the day, enjoy some quiet time or connect casually with others.

9:30AM

MORNING WRITING BLOCK

Dedicated, distraction-free writing time where everyone dives deeply into their work.

12:00PM

WORKING LUNCH - MASTERMIND SESSION

Share progress updates, work through challenges and/or blocks and receive feedback & support

1:30PM

AFTERNOON WRITING BLOCK

Apply insights from the mastermind and follow through on goals you set for the day.

4:30PM

FREE TIME/OPTIONAL ACTIVITY

Enjoy free time to explore the island, take a dip in the ocean or simply relax. Optional group activities will be available, like beach walks, sunset meditations, storytelling circles and more.

6:30PM

DINNER TOGETHER

A communal dinner to unwind and reflect on the day's progress, allowing for relaxed, open conversation and connection.

7:30PM

EVENING REFLECTION OR CREATIVE INSPIRATION

Evening sessions for read-alouds, our publishing, marketing & AI masterclasses. (Some evenings will be open for personal relaxation and integration time)

RETREAT COST \$2800 USD

ONLY 6 SPACES AVAILABLE

REGISTRATION CLOSES NOVEMBER 18th

[Add \$1100 for Private Room]

What's Included

- Shared Accommodations
- All Meals and non-alcoholic beverages
- Daily Group Activities with Expert Facilitation
- Pre-retreat 1-1 Personal Session
- Private Consult during retreat
- Guided Movement & Meditation
- Peer-to-peer Mastermind Support
- Shared Transport during retreat for outings

What's NOT Included

- Flights
- Private Room (Additional \$1100)
- Airport Transports + Taxi costs
- Massages & Healing Sessions
- Alcohol

[CLICK HERE TO REGISTER](#)



Packing List

- Comfortable walking shoes
- Clothes for writing, yoga, hiking
- Swimwear & beach towel/sarong
- Non-toxic bug spray
- Biodegradable sunscreen
- Lightweight comfortable clothes
- Long sleeves (lightweight) for sunset hour bugs
- Water bottle
- Laptop, journal + pens
- Anything you need for your creative process
- An open mind and positive vibes



[CLICK HERE TO REGISTER](#)

Retreat Facilitators



Aeon
Karris



**Author &
Master Mystic**

Aeon Karris is a seasoned author and transformational guide with nearly 30 years of experience helping others unlock their creative and spiritual potential. In 2023, Aeon released the fourth edition of her book *Synchronicity: Unlock Your Divine Destiny*. She is a contributing author to *Second Chances; From Surviving to Thriving*, a podcast host, and long-standing blogger, with a collection of channeled poetry. Aeon is currently working on her memoir and has authored impactful guides (with accompanying workshops and courses) such as *How to Honor and Communicate with Departed Loved Ones* and *How to Traverse a Dark Night of the Soul*.

She is the founder and Managing Director of **Know the Self Academy**, where she teaches the mystic arts to visionary leaders. She has led over 150 transformational workshops & retreats, supporting leaders, creatives, and change-makers to thrive. Her somatic movement modality, Se-Kem, stems from her studies in various dance forms designed to help you clear energetic, emotional, and physical blockages in your body and inspiring new creative insights. Her visionary style blends energetic mastery with lived wisdom, making her an inspiring and creative guide for this writing adventure.

Retreat Facilitators



Juliet Trail



**PhD / Author
& Healer**

Dr. Juliet Trail is a leader, teacher and public speaker with nearly 30 years' experience across five continents, facilitating transformational groups and programs including Vision Quests, Medicine Walks, Mindful Self-Compassion, and EcoDharma. Her offerings focus on connection to nature, compassion, mindfulness and resilience. She is the Founding Director of Courageous Compassion Connection, offering contemplative practices to cultivate well-being and compassionate action.

She is the author of *Compassion and Coincidence: How Synchronicity Awakens the Heart and Reveals Our Interconnectedness* (2024) and *Human's Guide to Mind-Body Connection: Somatic Practices and Mindful Techniques to Manage Stress, Understand Your Body, Take Charge of Your Health, and Build Emotional Resilience* (in press). Juliet was Co-Founder and served as Executive Director of The Coincidence Project. She is a musician with a BA and MA in Performance & Pedagogy (piano, voice, cello, choir). Juliet writes her own music for her band, Unheard Sirens Inc. with her husband, Remy. As a poet, dancer, performer, writer, organizational leader and deep lover of nature, she brings a wealth of understanding in how to ground, clear obstacles to our growth and creativity, and spark transformation in order to reach our goals and achieve our full potential.



Reserve
your spot!

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