

ALL THINGS BIRTH, MOM, & BABY

women's business retreat



RETREAT ITINERARY

FRIDAY
04.12.24

🕒 **5:00 pm Welcome Toast & Dinner & Charcuterie Making Class**

Arrive and enjoy beverages and a charcuterie spread provided by McAlester Grazing Co.
-We will enjoy a charcuterie box making class as well.

🕒 **6:00 Introduction to Weekend/GOAL SETTING**
Dr. Whitney Ellsworth, DPT, PCES

🕒 **7:00 Speaker One**
Chris Ham

🕒 **Free Time**
The Meeting House- Bar and Grill- walking distance

SATURDAY
04.12.24

🕒 **6:00 am- Sunrise Run to the Lookout-optional**

🕒 **8:00 am- Coffee and Breakfast**

🕒 **9:00 am - Yoga by the Lake- optional**

🕒 **11:00 am- Business Lecture 2: Why Mindset Matters**
Dr. Whitney M. Ellsworth, DPT

🕒 **11:30 am- Independent Goal Setting and Brunch Box**

🕒 **12-2- Free Time /Hiking at Robers Cave Excursion**

🕒 **3:00 pm :SPEAKER TWO**
Dr. Martha Burke

🕒 **5:00 pm : Private Chef Meal & Speaker 3**
Dr. Corey Babb, MD

🕒 **7:00 Intro to Majhong Game @ The Hideaway**

SUNDAY
04.13.24

🕒 **6:00 AM Sunrise Run/walk-optional**

🕒 **8:00 AM Breakfast & Business Lecture 2: Time Blocking**
Dr. Whitney M. Ellsworth, DPT-

🕒 **10:00 AM Intro to Emotion Code Therapy**
Dr. Lauren Bahr

🕒 **11:00 AM WRAP UP & SNACKS**

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Balanced Pelvic Health
& Physical Therapy



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MOMS OF TULSA