

Your Journey to Healing & Wholeness begin here

3 Life- Changing, Hope-Filled Days in a breathtaking & relaxed atmosphere

The Island Retreat is a small, private, boutique hotel located in Hopetown, Elbow Cay, in the beautiful Abaco Island of the Bahamas.



REFLECT| RELEASE| RESET

FRIDAY 20, 2024

10:30 AM	FERRY Ride To HOPE TOWN
11:00 AM	MEET & GREET
12:00PM -1:00PM	LUNCH
3:00PM - 5:00PM	FIRST SESSION
6:00PM	DINNER
9:00PM	POOLSIDE CHAT
SATUR	DAY, SEPTEMBER21, 2024
6:30 AM	SUNRISE ON THE BEACH
8:00 AM	BREAKFAST
10:00 AM	HEALTH & WELLNESS
12:00PM	LUNCH
1:00PM	FREE REIGN
6:00PM	DINNER
9:00PM	POOLSIDE CHAT
SUNDAY, SEPTEMBER 22, 2024	
6:30 AM	SUNRISE ON THE BEACH
8:00AM	BREAKFAST
9:30AM	FINAL SESSION
12:00PM	RETURN TO MAIN LAND