

The Healing Business Weekend

Co-facilitated by Barbara Erochina
and Maggie Gentry



The Healing Business Weekend

Prince Edward County

October 18th -20th

The Healing Business Weekend Retreat is a 2-night getaway for women & non-binary folks who juggle life and running a business. You know that your business is only as healthy as you are, and you've been looking for a safe space to explore, discuss, and grow your biz while nurturing the business owner (you!). This weekend is that place.

It takes radical dedication to continually show up for yourself and honor your needs so that you are able to serve others from a nourished, well-rested, inspired head and heartspace. Join us for a couple nights away where you can do just that.

Our vision for this weekend is to get you out of your head and into your body so that you know precisely what is the next right step for you and your business. We'll talk life, and biz, and dreams, and desires. We'll release what no longer serves so that we create space to welcome in all that we desire.

With so much love,
Barbara + Maggie

THE CARRINGTON HOUSE

in Prince Edward County



Your Hosts



This is us at our last retreat: real, messy, and unapologetic in how we run our businesses.

We're not only colleagues, we're tried and true friends, having built a foundation on trust, vulnerability, risk-taking and a hellava lot of fun. Through our work with each other, Barbara became a committed intuition-led business owner and in the process, tripled her income. Maggie on the other hand is finally feeling confident and courageous in honoring her needs and is no longer interested in playing small. It's been a transformative exchange, and now we're ready to welcome others into the magic.

Maggie Gentry is a thought partner for creatives, healers, and wellness professionals and is the founder of the Own Your Why® program. She helps business owners who are standing at a pivotal moment in their business and who are ready to make that meaningful shift with their eyes, mind, and heart open. Newly minted yoga teacher, wife, and cat mom, she's on a mission to prove that businesses can thrive from honoring their inherent feminine energy.

Barbara Erochina is an emotional wellness coach, the creator of Cards for Self-Care and host of The Be With Podcast. She combines Gestalt psychotherapy, spiritual direction and coaching in order to help leaders and healers deepen their own inner life and have greater impact through their work in the world. She's got rad politics, a babely wife and a serious love affair with the revolutionary power of pleasure and desire of marginalized bodies.

The Weekend



Thursday

- Opening circle
- Cocktail & mocktail hour
- Sunset Walk by the Lake (where Barbara got married, eek!)

Friday

- Optional Morning Yoga
- How to Heal Your Business Workshop
- Be With Masterclass
- Soulful Movement Class

Saturday

- Closing circle
- Goodbye Brunch
- Optional Wine Tour

Workshops

Healing Your Business *with Maggie Gentry*

When you're running a business that is countercultural by focusing on people over profit, and honoring your intuition in how to move forward, it can be easy to find yourself feeling unsteady as you navigate change. That's why it's so important to reconnect with the soul purpose of your business and reframe your definition of success, so that you can move forward with confidence. This is what we'll explore in Maggie's How to Heal Your Business workshop.

Be With Masterclass *with Barbara Erochina*

Once you get clear on your vision forward, we're going to look honestly at what's stopping you and get curious about how to access the internal and external support you need to get going. Healing ourselves and our businesses can feel like daunting work, but knowing we're all in it together is what makes it possible. Imagine the Masterclass as a warm cocoon of one on one and group coaching, deep sharing and witnessing that will help you feel seen, validated and supported to make the changes you've been dreaming of.

Soulful Movement Class *with special guest Sophie Luxton*

In order to make lasting change, we must integrate learning into our body, making it real. Friday night's movement class will be a two hour movement journey featuring hand-curated music to help us tap into our emotions, release tensions and reconnect with our raw, unbridled power.

The nitty-gritty details



- Lodging is included in the price. We'll all be staying in one house, and to keep it affordable, everyone will share a room & a queen sized bed with a pal. Feel free to bring your bestie or biz partner! (Single rooms available for an additional fee)
- All meals are included.
- All workshops are included.
- Flights and transportation not included.
- Prince Edward County is about a 2-hour drive from Toronto, and we'll have a Facebook Group so everyone can coordinate carpooling.
- Only 8 spots available to keep our group intimate.

**Price: \$695 + HST (CAD)
or \$600 USD**

Email us at contact@bewith.org to reserve your spot today!