

Empowering Midlife Wellness Retreat



Your best life awaits:
Create your imagined future self

FRIDAY MAY 5TH- MONDAY MAY 8TH, 2023
MIRAVAL AUSTIN RESORT AND SPA

Experience a luxurious, intimate and magical long weekend celebrating the full potential of midlife. Rather than the end of everything meaningful, midlife can be the start of a fantastic new journey towards discovering and embodying the best version of ourselves.



- Plan to arrive at Miraval Austin on Friday May 5th between 2 and 4 PM. After settling in and enjoying the amazing property, we will have our first fabulous meal together and then share a joyful evening program under the full moon outside by the pool (weather permitting).

- Saturday and Sunday's programs will include optional offerings of yoga, meditation, a host of exciting activities, as well as informal and inspiring talks from each of our amazing hosts in intimate break-out sessions. There'll be plenty of time left for relaxing, working out or going to the spa. Fabulously delicious and healthy meals will be offered, as well as organic low sugar and low sulfite wines.

An exciting evening program on both Saturday and Sunday night will bring us even closer together and explore all that mid-life has to offer!

- On Monday morning we will continue our program until leaving the resort at around noon. Transport to and from Austin's airport is included.

Miraval is a device-free property except in designated areas. Experience a whole new kind of peace when you disconnect from devices for this magical time. Don't worry, we will take plenty of photos, and your friends and family will be able to reach you at the resort in case of emergency.



The cost is truly all-inclusive, with luxury accommodations for 3 nights, gourmet meals curated for our group, organic wines, all activities, a spa service and of course the retreat program itself.

RESERVE YOUR SPOT

For information on how to reserve your spot, email Michelle@drsusan.com

Empowering Midlife Wellness Retreat



This event is hosted by an incredible group of midlife women, each with different passions and offerings encompassing the midlife experience.

You will have the unique opportunity to deeply connect with yourself as well as the intimate group of guests (maximum of 30), and of course with the hosts in small group settings.



Dr. Susan Hardwick-Smith, M.D.

Nationally renowned menopause specialist, best selling author, and founder of Complete Midlife Wellness Center.



Meg Ellis

Fitness expert and conscious life coach. Founder of Phoenix 8 Consulting.



Elizabeth Irvine

Yoga and meditation teacher, wellness life coach, best-selling author and founder of True Wellbeing.



Dr. Nashat Latib

Board Certified Functional Medicine Physician and Anti-Aging Expert, one of 960 physicians worldwide who have been endorsed by the Institute of Functional Medicine.



Dominique Sachse

Media personality, former TV anchor, best-selling author and YouTube sensation.



Elaine Turner

World-renowned fashion designer, best-selling author, speaker and life coach.



Kelley Workman

Master personal trainer, pilates & yoga instructor, nutrition & wellness coach, grief facilitator and mother of 6.