



90 Day Break Away

90 days to clear the slate, leave our concerns at the threshold, and focus 100% on Your SELF.

Let's Break Away!

Testimonials

"Lives were changed this weekend, grateful for this tribe of women!" Clintoria S.

"It was refreshing to take time for myself and connect with with likeminded sisters of purpose and grace." Errin B.

"I have enjoyed the community created this weekend. Thank you for all your wisdom, I love you to life!" Nasha S.

"I am grateful for the opportunity to laugh, cry, share, and grow with such an amazing group of women." Rita W.

"Be still, say NO, and stop. Trying to be everything for everyone is suicide. STOP." Charlene S.

CONTACT US

Retreat Creator & Lead Facilitator

Lynita Mitchell-Blackwell

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About Lynita:

www.LynitaMitchellBlackwell.com



LYNITA MITCHELL-BLACKWELL IS
LEADINGthroughLIVING



And 90 Days of Post-Retreat Support through weekly group meetings with lead facilitator Lynita Mitchell-Blackwell!

*Wyndham Villas at Fairfield
Villa Rica, Georgia
30 minutes west of Atlanta*



Itinerary

Friday Feb 17 – Monday Feb 20



Fri, Feb 17

6:00 PM – 9:00 PM

Dinner, Icebreaker & A Movie

We will begin the evening with a delicious meal catered by Auntie's Baked Goodies, and enjoy a fun icebreaker and getting to know you activities.

We will relax with a movie together, and embrace a good night's rest.



LYNITA MITCHELL-BLACKWELL IS
LEADINGthroughLIVING

Sat, Feb 18

10:00 AM – 3:00 PM

Sessions 1 & 2: How Did I Get HERE &
Where Am I GOING?!

We will begin each day of the Break Away with a 30 minute breathing and meditation exercise lead by HypnoSoul Coach Jill Flowers. We will establish our positive intentions for the weekend to identify and heal our tender spots that, when touched, set us off on a never-ending cycle of stress and overachievement.

We will then move on to our first sessions.

Ladies, we have some serious unpacking to do so we may learn how to break away, and we will move through the following exercises to facilitate the process:

- The North Point Orgasm
- Activity Mania
- It's All Lollipops & Gumdrops
- I Feel...
- Purpose In the Seed
- Make the Most of and Be Patient with Your SELF
- Be Excellent, Not Perfect
- Competition is Soooo Last Year
- Trust My Intuition AKA My SELF

Sat, Feb 18 (continued)

7:00 PM – 9:00 PM

Fun Night

Come ready to let your hair down, kick off your pumps, and have FUN!



Sun, Feb 19

9:30 AM – 11:00 AM

Seal the Promise Sunday Worship

1:00 PM – 5:00 PM

Sessions 3 & 4: Time to Flush &
Nowhere to Go But UP

We do things because we like them. Well, not necessarily the thing itself, but the results. All this "doing" brings attention, and with attention comes responsibility and expectation. It's time to drop both in honor of your aggregate health quotient (AQ). Once we've released a lot of tension, forgiven a number of hurts, identified people and obligations that no longer serve us; it's time to cement our practices so they continue to bless and protect us as we go forth. (continued next page)

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This is how we're going to do it:

- Get Your AQ up
- Unfreeze the Pipes
- Don't Put Everything Behind You
- Shuck the Corn
- Get An Ugly Wife
- A Lovely Day
- Can't Nobody Love Me Better Than Me

We'll reconvene for Fun Night Part II
at 7 pm!

Mon, Feb 20

9:00 AM - 11:00 AM

One-on-One with Lynita and
Breakfast

Lynita will meet privately with each attendee to establish a strategy for the next 3 months to solidify the skills gained and the self-knowledge realized during the weekend.

All Meals catered by



www.AuntiesBakedGoodies.com

What you get:

- 4 days/3 nights double occupancy at the beautiful Wyndham Villas at Fairfield
- All meals from Friday to Monday
- All program materials and swag bag
- Fun, rest, and relaxation everyday!

AND

*12 Weeks post-retreat group coaching, once a week via Zoom to ensure the techniques learned this weekend **STICK** as you implement them in your life once you return home.*

All for \$2,500!



The 90 Break
Away Team



**Lynita Mitchell-
Blackwell**

Lead Facilitator
Program creator, Break
Away guide, master de-
stressor, and post-
retreat coach!

Rev. Rita Wright
Pastor & Life Coach
Prayer warrior, space
holder, wellness
advocate, and spiritual
solace supporter!



Jill Flowers
HypnoSoul Coach
Breath work, sound
healing, stretching,
meditation, and all
roads to relaxation!

Ebony Hillsman
*Digital Content
Manager*
Archivist, chronicler,
and all things video,
photo, and capturing
THE moment!

