



## Transitions and New Beginnings Retreat

Change happens.

Whether expected or unexpected,  
changes in our residence, employment, health  
or relationships can disorient us for a time

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But you don't have to process the changes alone!

We invite you to join a community of people  
willing to examine how our transitions began,  
where we are now and where they are leading us

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Through meaningful conversations, gentle restorative movement,  
intuitive art (no talent needed!), restful activities and more,  
you'll experience moving through your transition  
with more ease and grace

**February 4 – 8, 2026**

(Wednesday late afternoon through Sunday noon)

Generously hosted in a private home in

**Sun City West, Arizona**

Learn more and register here:

<https://improveyourmeetings.com/transitions-retreat-arizona>

**Meet caring people \*\*\* Let go of the past \*\*\* Explore new beginnings**