

# FINDING CENTER RETREAT

AUGUST 14-16, 2026 ~ POST OAK LODGE ~ TULSA, OK

*A weekend designed for  
Western Equine & Ranch Women  
who are always showing up for  
everyone else...*

*And are ready to exhale.*

*It's time to step away from the noise and expectations  
that come with a demanding lifestyle.*

*Over the course of the weekend, you'll experience:*

- meaningful conversation without pressure*
- quiet moments without guilt*
- connection without comparison*
- build genuine connection with likeminded women*

*...and reconnect with yourself in a way that feels grounded,  
honest and real.*

*Enroll for rest, clarity, connection or a  
change of pace. You'll leave with  
something that stays with you long  
after the weekend ends.*

*Turn the page for the full  
Retreat Experience*



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*Friday ~ Arrival & Connection*

*Check-in*

*Welcome Gift + Room Settle*

*Wine Tasting & Hors D'oeuvres*

*Finding Center Circle*

*Nothing to Fix - Poolside*

*The Run For A Million!*

*Cow Horse Challenge Private Screening*

*Finding Center*



*Retreats*

- Est. 2026 -

*Saturday - Exploration & Expansion*

*Morning Coffee & Slow Start*

*Sunrise Yoga*

*Optional Experiences (Spa Treatment or Zipline)*

*Brunch - Keynote Speaker*

*Finding Center Circle - Getting honest*

*Lunch*

*AI Confidence Workshop- AI for clarity, creativity, and confidence*

*Free Time - Rest, pool, or quiet space*

*Zip Line Experience! Say it & Send It*

*Dinner & Finding Center Circle - Stepping Forward*

*The Run For A Million - Reining - Private Screening*

*Sunday ~ Integration & Departure*

*Morning Coffee & Slow Start*

*Sunrise Yoga*

*Spa Appointments Continue*

*Faith & Fellowship with Audra Anarde*

*Brunch*

*Finding Center Circle - What Comes With You*

*Checkout & Goodbyes*

Contact Jennifer Bishop ~ Your Hostess

At 303-250-7494

[www.TheJenniferJournals.com](http://www.TheJenniferJournals.com)



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## ENROLLMENT DETAILS & INVESTMENT

### Enrollment Includes:

- 2 Nights lodging ~ Private Queen Room with bath
- Meals & snacks
- Non-alcoholic beverages
- Guided sessions (Wine Tasting, Yoga, AI Learning, Faith & Fellowship, & more!)
- Keynote address
- The Run For a Million Screenings ~ Cow Horse & Reining!
- Choice of 1 special activity ~ Zip Line Experience or Spa appointment
  - Option to add a 2<sup>nd</sup> experience for \$125 (limited availability!)
- Finding Center Gift Bag, curated for you
- On-site parking available

### Enrollment Does Not Include

- Transportation to & from venue (flights, car, etc...)
- Trip Insurance - (Highly recommended!)
- Alcohol (except wine tasting!)

*Enrollment Options ~ To honor early commitment and allow for intentional planning, the following investment structure is being offered:*

Founding Rate:

Available thru June 30  
\$1,200.00

Standard Enrollment:

July 1 - July 15  
\$1,500.00

Late Enrollment:

July 16 & beyond  
\$1,800.00

(based on availability)



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*This retreat is designed for women who...*

- are open to meaningful conversation
- value connection over comparison
- are willing to be present, not perfect
- respect the space and experience of others
- are not looking to be "fixed," but are ready to explore what's next



*This is not about having the right answer.*

*It's about giving yourself the space to ask better questions... and to be surrounded by women who understand the weight you carry, even when it's not spoken.*



*A note on the experience...*

*This retreat is intentionally small. Not everyone is meant to be in every room... and that's what makes this one meaningful.*



*If this resonates with you... There's a good chance you already know. I would love to have you join us.*

## **To Reserve Your Place**

### **Hosted by Jennifer Bishop**

**303-250-7494 or Email**

**[TheTrainersWife@outlook.com](mailto:TheTrainersWife@outlook.com)**

**[www.TheJenniferJournals.com](http://www.TheJenniferJournals.com)**

**Space is limited & early enrollment is encouraged to secure the preferred rate**

**If you have questions before committing,  
I'm happy to visit with you personally**

