

POWHER RETREAT

2025

Friday

NOV 07 WESTGATE TOWNCENTER RESORT
ARRIVAL & GRAND OPENING

- 2:30 Check-in begins.** Grab your badge, swag bag, and enjoy light refreshments in our overflow space. Mingle with our PowHer Hype Girls and connect with other attendees before the celebration begins!
- 3:00 Welcome Reception**
Meet our speakers, facilitators, PowHer team, sponsors, and vendors. Plus: live music by Jamalia Scott, DJ, photographer, photo booth & fun backdrops.
- 4:00 Dinner Hour** sponsored by NESTRE
- 5:00 Welcome Keynote** with Your Host, Victoria Dume
- 6:00 Real Talk, Real Women Panel:** sponsored by Gratus
- 7:15 Live Mental Framing Session** with Dr. Tommy Shavers, Founder of NESTRE
- 8:30 Closing Integration** led by Stephanie Weiss

Saturday

NOV 08 WESTGATE TOWNCENTER RESORT
INTEGRATION DAY

- 7:00 Morning Yoga at the Tiki Hut** lead by Massiel Villanueva
- 9:00 Morning Welcome** with Victoria Dumé
- 9:30 Aromatherapy Activation** with Hope Clark
- 10:00 Overcoming the fear of being seen, heard and fully expressed** Keynote with Shannon Rollins
- 10:45 Integration Break**
- 11:15 The Alignment Effect** Keynote with Tyler Watson
- 12:00 Integration Groups**
- 12:30 LUNCH** sponsored by Orlando Health
- 1:30 Activation** with Victoria Dumé
- 2:00 Integration Activation** with Stephanie Weiss
- 2:30 Integration Groups**
- 3:00 Breathwork & Sound Bath** with Ashley Maas & Loryn Sheahan
- 4:30 Integration Groups**
- 5:00 Transcendence** with Monifa Watson
- 7:00 Silent Disco Party**