



## Getting to Greater... Embracing the Sabbath as Sacred Leaning into Rest, Restoration and Rejuvenation

**Date:** May 31 – June 3, 2023

**Location:** Cancun, Mexico, Paradisus Resort

**Event:** Daughters Retreat – The focus of this conference is to honor the Sabbath as Sacred by rejecting busyness, brokenness, and fatigue by embracing rest, restoration, and rejuvenation. The work will be intentional and concentrated through worship, workshops, plenary sessions, and a panel discussion.

**Scripture:** Remember the Sabbath day and keep it holy. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore, the LORD blessed the Sabbath day and consecrated it. (Exodus 20: 9, 11)

**Registration:** December 31, 2022 – April 30, 2023

Registration is per person and includes 3 nights of hotel accommodations, RT transfer between the airport and Paradisus Resort, all-inclusive plan for meals and drinks, conference materials, workshops, plenary sessions, and worship services. The flight to Cancun, Mexico is not included.

G2G 2020	Paid in Full By	Double	Single
Early	February 15, 2023	\$975	\$1675
General	March 30, 2023	\$1050	\$1750
Late	April 30, 2023	\$1125	\$1825

*\*\*All deposits are non-refundable and non-transferrable. \*\* A \$200 Deposit is required to register  
\*\* Final Payment must be made by April 30, 2023*

### Transportation (Air):

G2G does not provide transportation to Mexico. Please fly into the Cancun, Mexico airport (CUN). **You must have a passport that is valid through September 3, 2023.**

\*\* In order to participate in the entire conference, please arrive by 2pm Wednesday and depart after 3pm on Saturday

### Transportation (Ground):

G2G will provide shuttle services between the Cancun airport and the hotel. To participate in our hotel shuttle, you must provide your flight information no later than April 30, 2023.

### Workshops

Everyone will be able to participate in four (4) specialty workshops. Please select your workshops at the time of registration.

### Who Can Come

Women **twenty-one (21) and older** are encouraged to register.

**Website:** [WomenG2G.org](http://WomenG2G.org) Follow us on  at [WomenG2G](https://www.facebook.com/WomenG2G) and  [@WomenG2G](https://twitter.com/WomenG2G)



## Specialty Workshops

### Thursday Workshops

*Choose two (2) workshops below:*

\_\_\_ **A. Developing Rituals for Rest**

What does it mean to rest? How can I accomplish the divine mandate? If you have ever had questions about the gift of the Sabbath, you are not alone. This class will teach you true meaning of Sabbath as help you develop rituals for ensuring your own Sabbath rest.

\_\_\_ **B. Overcoming Resistance to Rest**

Busyness can be attractive. It makes us feel importance and necessary. But it can also be deceiving. If we do not resist it, busyness is the beast that keeps us from rest. This class will give you the strategies to move beyond busyness to honor the Sabbath life.

\_\_\_ **C. Restoration through Meditation**

In a world that constantly expects us to show up with a loud voice, the quiet of meditation can be a true gift. Whether you meditate in silence or to music, alone or in a group, for a short or extended periods of time, meditation is an act of restoration. This class will give you the tools to develop a Meditation ritual.

### Friday Workshops

*Choose two (2) workshops below:*

\_\_\_ **A. Restoration through Prayer**

Prayer is the avenue that we connect deeply to God and deeply to ourselves. Honoring the Sabbath gives us the opportunity to take time to pray. This Sabbath Prayer is a restoring prayer. This class will teach you the tools to have a powerful prayer life that continues to restore you to God and to yourself.

\_\_\_ **B. Rejuvenation Responsibility**

Rejuvenation comes by way of doing what brings us joy – what gives us life. What brings you joy? This class will help you discover the ‘joy- giving’ activities that help us lean into living the life God has called us to live. This class will help you discover, enhance, and recover your joy.

\_\_\_ **C. Rejuvenation Movement**

Stagnation makes us believe we must be still to experience rest and rejuvenation. But, sometimes in order to experience rejuvenation, we must get up and get moving. Through movement, we learn to rest on our feet. This class will involve actively engaging in rejuvenation through movement.