







A Black Women's Retreat

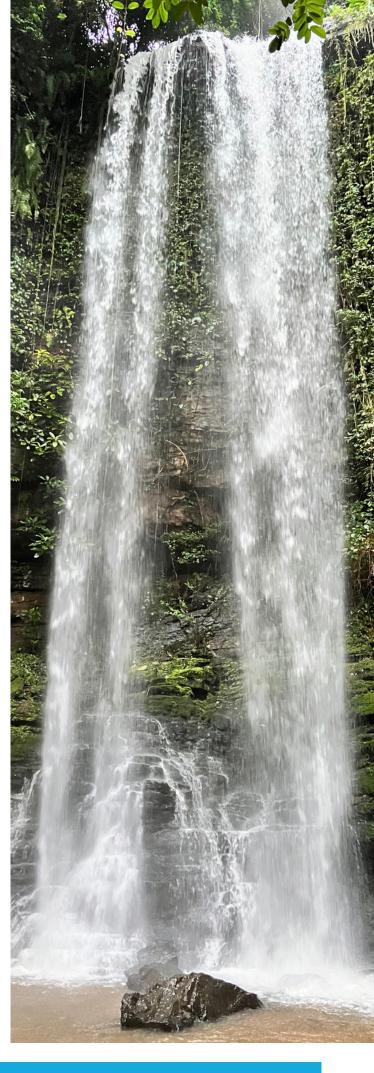


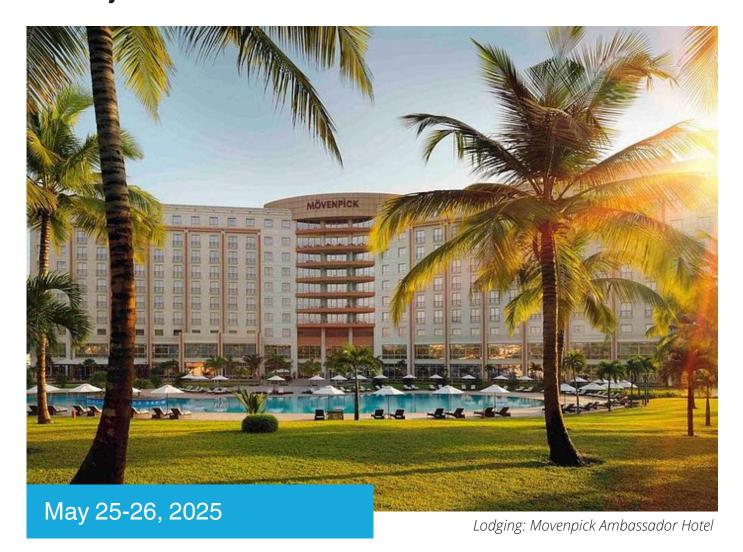
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"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

-Maya Angelou

Cleanse your energy with a dip in the Asenema Waterfall.





Welcome Home

Upon arrival in Accra, Retreat participants will get to enjoy a relaxing poolside afternoon at the five-star <u>Movenpick Ambassador Hotel</u>. They will then spend time getting to know one another with a meet and greet designed to foster unity and sisterhood.

After breakfast the next day, participants will be treated to a cultural welcome with drummers and dancers. We invite you to join in the dancing and celebration! Finally, each participant will receive blessings from a local spiritual leader and be given a traditional Ghanaian name.



Receive your traditional Ghanaian name by a local spiritual leader.

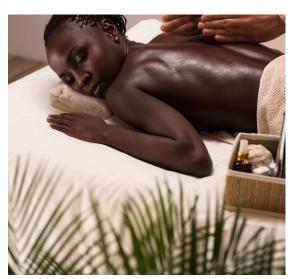


Start at the Beginning

After the naming ceremony, participants will travel to Cape Coast and check into Lemon Beach Resort.

Once settled, our facilitators will lead a book club group discussion on the novel *Homegoing* by Yaa Gyasi. This discussion will prepare the hearts and minds of participants in anticipation of the next day's cultural excursions.

Participants will then have time to enjoy the pool, beach, and experience a beachfront massage.



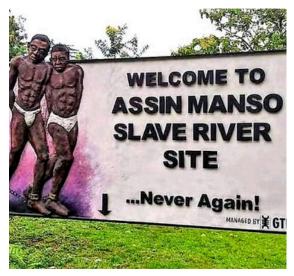
Unwind with a beachfront massage.



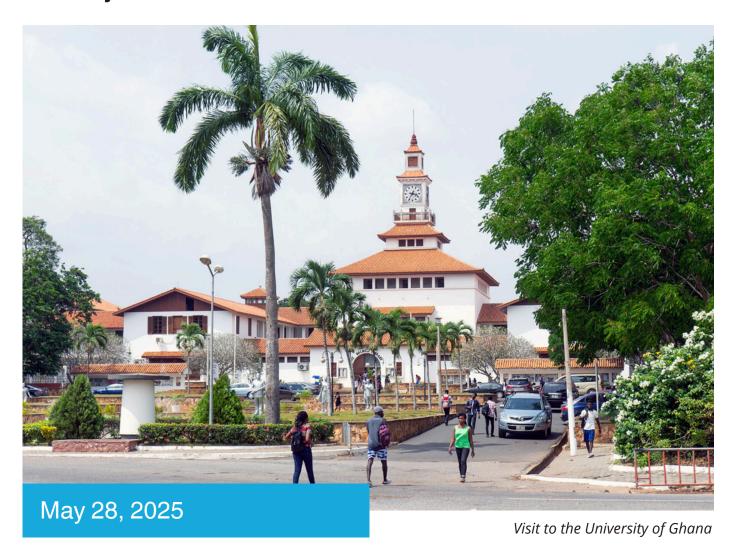
Sankofa: Go Back

A journey to Ghana is not complete without visiting the sites where racism was born. Visit the Assin Manso Slave River Site and the Slave Castles to learn the history and impact of the transatlantic slave trade. Participants will be inspired by the stories of powerful women leaders like Yaa Asantewaa who fiercely resisted colonial invasions.

Participants will then join a group session to reflect on what was learned and partake in a ceremony to honor our ancestors.



Experience history in Cape Coast.



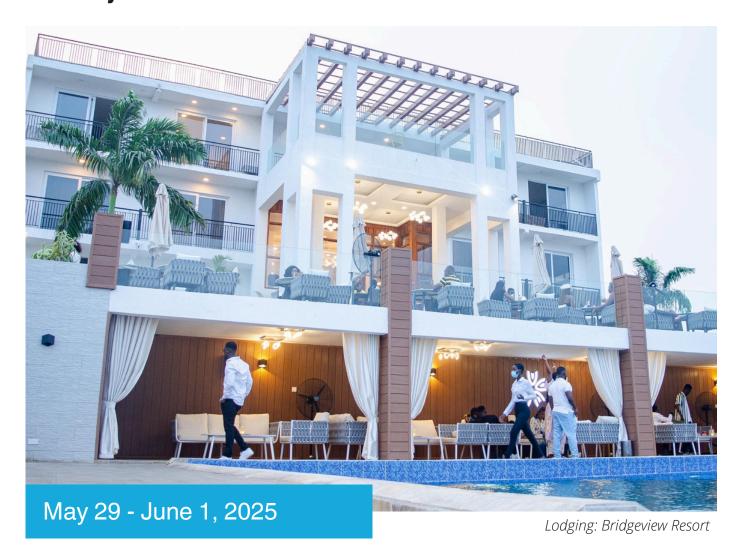
Preparation

Back in Accra, participants will continue lodging at Movenpick Ambassador Hotel in the heart of Metropolitan Accra.

Join us for a visit to the prestigious University of Ghana where we will receive a lecture from Assoc. Prof. Rose Mary Etenga on the significant social, spiritual, and economic role women play in Ghana. Then put on your walking shoes as we do a brief city walking tour, stopping at important landmarks such as the Kwame Nkrumah Memorial and the Black Star Square.



Climb the Black Star and look out over the capital city.



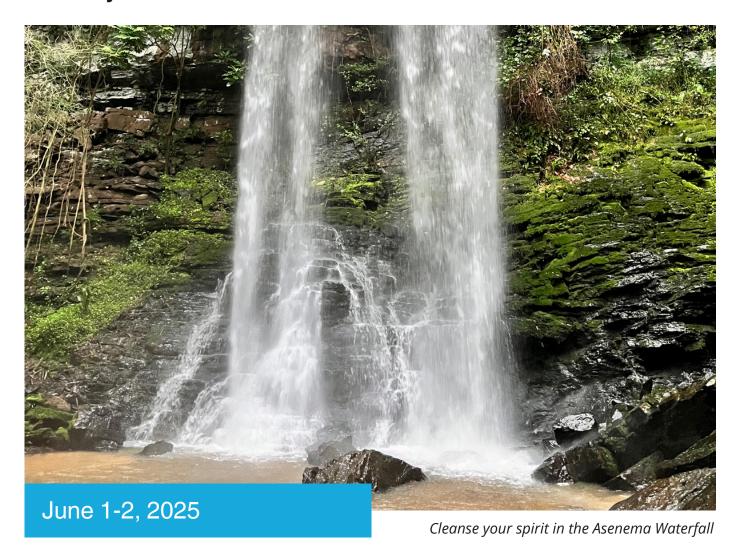
Intentional Rest

Next, participants will travel to Akosombo and stay at the luxurious <u>Bridgeview Resort</u>. Don't fall asleep during the two hour drive or you'll miss the baboons lounging on the side of the road!

This period of the Retreat has been designed to encourage rest, restoration, and reflection. Relax at the pool, get a message, go kayaking, and indulge in a selection of Western or local cuisine. Participants will also be treated to a boat tour of the Volta River.



Take a boat ride on the mighty Volta River.



A Call To Action

Throughout history, healers around the world have recognized the therapeutic effects of water. Modern research shows that our ancestors were onto something. Being around water gives us a sense of awe and lets us feel like we're part of something bigger than ourselves. That's why we're ending the Retreat with a visit to Asenema Waterfall. This excursion is designed to renew the mind and spirit for participants' future endeavors and to celebrate the power of our sisterhood.

On our last day in Accra, we will stop by the Arts Market for unique souvenirs before our flying home.



Don't forget to bring home souvenirs from the Accra Arts Market

