



THE LEGACY WOMEN'S RETREAT

Clarity, Connection & Co-Creation

A Transformational Retreat for Women in
Family Business

October 17th - 19th, 2025
Unity Village. MO

*The Legacy Women's Retreat is your
invitation to step away from the noise and
reconnect with the energy of your business
in a whole new way.*

Hello, Love!

I want to begin with a word of thanks.

Thank you for your interest in the Legacy Women's Retreat. Thank you for taking a moment to even consider taking this time & space for yourself (& your business).

You know, there was a time when ceremonial retreats were a fundamental part of being human – especially for women.

Our ancestors knew it, but somewhere along the line we forgot.

We started to believe that sacred time & space was for other people. It was for hippies in the Redwoods, for mystics in the Himalayas, for priests in the Monastery...

...but it's not.

It's for us.

It's actually exactly what we should be doing.

Because we're the ones who are here.

In daily life.

Caring for families.

Running businesses.

Tending to it all.

We need the medicine that sacred time & space holds.

For ourselves.

For our families.

And yes – for our businesses too.

Your well & wise ancestors are waiting.

Are you ready to say yes?

YES! I want to apply now!

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What to Expect:

We will be gathering daily in the indoor & outdoor living spaces at the deeply magical Hummingbird Chateau in Unity Village – chosen not only for its beautiful spaces & easy access but also because of the unique ancestral & spiritual lines the connect this particular sacred place with my own family's 6th Generation family business – and my path as a leader & healer. (Don't worry – I'll tell you the whole story when we gather ;)

Meals, Snacks & Drinks are included – and will also be a family affair! Lovingly provided by my sister-in-law and owner of Mama Hoagie's Kitchen, meals will be crafted from fresh, locally sourced ingredients – many of which will come directly from our family's 4th Generation farm & cattle ranch in Leavenworth, KS.

(Dietary restrictions will be accommodated & a refrigerator will also be available.)

In order to allow for maximum flexibility, accommodations are not included, but a block of rooms have been reserved at the Unity Village Hotel for a special rate of \$139 per night, including continental breakfast. (Want to bring a friend? You can share a room for half the cost!)

The hotel is just a 10 minute walk from our gathering place if you're down for a beautiful stroll, but a shuttle will also be provided.

Retreat Itinerary

... and a quick note about flow: much of my work is divinely & intuitively guided. As such, the precise order of teachings & activities will be informed by your unique energies, guides & ancestors, as well as those of the other women joining you in this sacred circle.

That said, we'd like to provide a general outline of each day, so you can have an idea of the general structure & flow (for those of us who also like to plan ;)

Friday, October 17

5pm - 9pm

Welcome Dinner & Opening Ceremony

Saturday, October 18

9am - Noon

Welcome & Grounding

Gentle Movement (Yoga & Stretching)

Guided Meditation & Energy Work

Teaching - Working in Relationship with your Business's Energy

Noon - 1:30pm

Lunch & Break

1:30pm - 5:00pm

"Heart Seats" - Individual Coaching & Energy Work

Walk the Labyrinth & Moving Meditation

5:00pm - 6:00pm

Break

6:00pm - 8:00pm

Dinner & Time in Community

Sunday, October 19

9:00am - Noon

Welcome & Grounding

Gentle Movement (Yoga & Stretching)

Teaching - Healthy Boundaries in Family Business

Breathwork

Noon - 1:00pm

Lunch & Break

1:00 - 3:00pm

Remaining "Heart Seats" - Individual Coaching & Energy Work

Integration Activity

Closing

Additional opportunities & amenities:

With 1,200 acres of breathtaking landscapes and welcoming spaces, Unity Village provides ample space for you to connect with nature & take some additional time for yourself. (For a full campus map [click here](#))

The hotel is directly across the street from Unity's breathtaking gardens & fountains, [The Fillmore Cafe & Unity Gift Shop](#). It's also just steps away from the peaceful [Nature Trail](#) and only a short walk to the [9 hole golf course](#).

Should you like to explore beyond the grounds of Unity Village, the delightful downtown area of [Lee's Summit](#) is just a short driving distance.

YES! I want to apply now!

FAQ's

How do I get there?

Unity Village is just 15 miles southeast of downtown Kansas City.

The main address is: 1901 NW Blue Parkway, Unity Village, Missouri 64065 and a downloadable campus map is available [here](#).

Kansas City International Airport (MCI) is the nearest airport and is approx. 45 minutes away by car/uber/lyft.

Can you accommodate dietary restrictions?

We will do our best to accommodate any dietary restrictions. And refrigerators are available in both the gathering space and the hotel, should you need them.

Do I need to be a part of a multi-generational family business to attend?

No. While there will be women with family businesses attending, the work we're going to be doing during the retreat is foundationally beneficial for any business owner!

Have additional questions?

Still not sure if this retreat is right for you?
Schedule a free discovery call [here](#) and let's chat!