

BLACK MEN'S RETREAT

I'M EXCITED TO ANNOUNCE THE FIRST ANNUAL BLACK MEN'S RETREAT, DESIGNED TO FOCUS ON BOTH MENTAL AND PHYSICAL HEALTH IN A SUPPORTIVE, NURTURING ENVIRONMENT. THIS RETREAT WILL BE HELD ON THE BEAUTIFUL ISLAND OF ROATAN, HONDURAS AT THE IBAGARI HOTEL—A PLACE WHERE NATURE'S BEAUTY AND TRANQUILITY SET THE STAGE FOR DEEP HEALING AND REFLECTION.

PACKAGE HIGHLIGHTS

- WORKSHOPS AND GROUP THERAPY
- PHYSICAL WELLNESS ACTIVITIES
- CULTURAL CONNECTION
- RELAXATION AND REFLECTION

JOIN US IN ROATAN

IF YOU'RE READY TO TAKE A STEP TOWARDS A HEALTHIER, MORE BALANCED LIFE, THIS RETREAT IS FOR YOU. WHETHER YOU'RE SEEKING TO MANAGE STRESS, IMPROVE YOUR PHYSICAL HEALTH, OR SIMPLY RECONNECT WITH YOURSELF.

REGISTRATION: DEPOSIT TO SECURE SPOT

***ONLY TAKING A SMALL GROUP OF MEN

APRIL 24-28, 2025

IBAGARI HOTEL
ROATAN, HONDURAS

