

# Intermission


*The Retreat*

Sept 17-20, 2026



## Living Well Lakeside Retreat

Nestled on the shores of beautiful Lake Tippecanoe in Northern Indiana, our retreat home is a place where you can truly exhale. Surrounded by calm waters, breathtaking sunsets, and every modern comfort, it's the perfect setting to step away from the noise and reconnect with yourself.

 7071 N. Kalorama Rd. Leesburg, IN 46538

## Nourishing Meals

At Intermission, nourishment extends beyond the conversations. Our private chef creates fresh, farm-to-table inspired meals that are as beautiful as they are delicious. Made with wholesome ingredients and thoughtful care, each meal is an invitation to slow down, savor, and let your body be cared for while your soul catches up.



## Restorative Amenities

Whether you're savoring a quiet cup of coffee on one of the lakefront balconies, hiking through the nearby nature preserve, or unwinding in our private yoga studio for yoga, every corner of the property invites you to slow down. End your evenings around the firepit, nap in a hammock, paddle out in a kayak, or, if adventure is calling, take the jet ski for a ride. There's space here for both deep rest and joyful play.



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## The Retreat

### INVESTMENT

ENROLL BY July 15	\$4997
ENROLL BY August 15	\$5497
AFTER August 15	\$6997

This includes your 3-night retreat at the Living Well Retreat home, 6 cohort sessions, and 10 private coaching sessions with Jennifer. Hotel accommodations available for an extra charge.

PAYMENT PLANS & SCHOLARSHIPS AVAILABLE.

Discuss with Jennifer.



For more information scan the QR code.



(765) 730-8988

hello@livingwellbyjen.com

## Retreat Itinerary

### DAY 1: SEPTEMBER 17, 2026

6-7pm	Arrival and Check-In
evening	Welcome Dinner Session #1: Intermission

### DAY 2: SEPTEMBER 18, 2026

\*indicates optional activity

morning	Sunrise Intentions* Breakfast Morning Yoga* Session #2: Main Character part 1
afternoon	Lunch Breakout Opportunities: <ul style="list-style-type: none"> <li>• Lakeside Activities*</li> <li>• Solitude*</li> <li>• Massage* (additional fee)</li> <li>• Shopping in Winona Village*</li> </ul>
evening	Dinner Session #3: Main Character part 2 Fireside Chats*

### DAY 3: SEPTEMBER 19, 2026

\*indicates optional activity

morning	Sunrise Intentions* Breakfast Morning Yoga* Session #4: Applauding Act 1
afternoon	Lunch Breakout Opportunities: <ul style="list-style-type: none"> <li>• Lakeside Activities*</li> <li>• Solitude*</li> </ul>
evening	Breathwork Session Dinner Session #5: Applauding Act 1 Fireside Chats

### DAY 4: SEPTEMBER 20, 2026

morning	Breakfast 8am Closing Circle 9am Departure 10am-12pm
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