

# I'm No Scaredy Cat! Retreat



**But...could you swim with sharks???**



## Is Fear Holding You Back from Living Your Life?

What are you afraid of? Failure? Success? Intimacy? Spiders? Flying? Going to a country where you don't speak the language? Jumping out of a moving boat in the middle of the ocean next to a 30- foot whale shark?

## You need to be at this retreat if you...

- have ever let fear get in the way of living your best life;
- have something you've been too afraid to try;
- get anxious thinking about your future;
- are constantly worried about \_\_\_\_\_ (you fill in the blank);
- want to go to Mexico, but are scared to go by yourself;
- are desperately in need of a vacation!

## PUSH PAST YOUR FEARS WITH CONFIDENCE

"I would not be exaggerating if I were to say that Shelly's *I'm No Scaredy Cat* retreat was life altering. It was the perfect mix of relaxation, restoration, reflection, and recreation which resulted in my coming home with new purpose!" Cee Cee, Previous Guest

**Jul 11-17, 2020**

**Isla Mujeres Mexico**

**Be Courageous**

**Transform your life**

**Experience a Whale Shark Adventure**

**Connect with Other Brave Women**

**Enjoy Yoga, Meditation, and the Beach**

**You Deserve This!**

**Limited Space!**



**For More Info:  
YOUR NEXT CHAPTER, LLC**

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