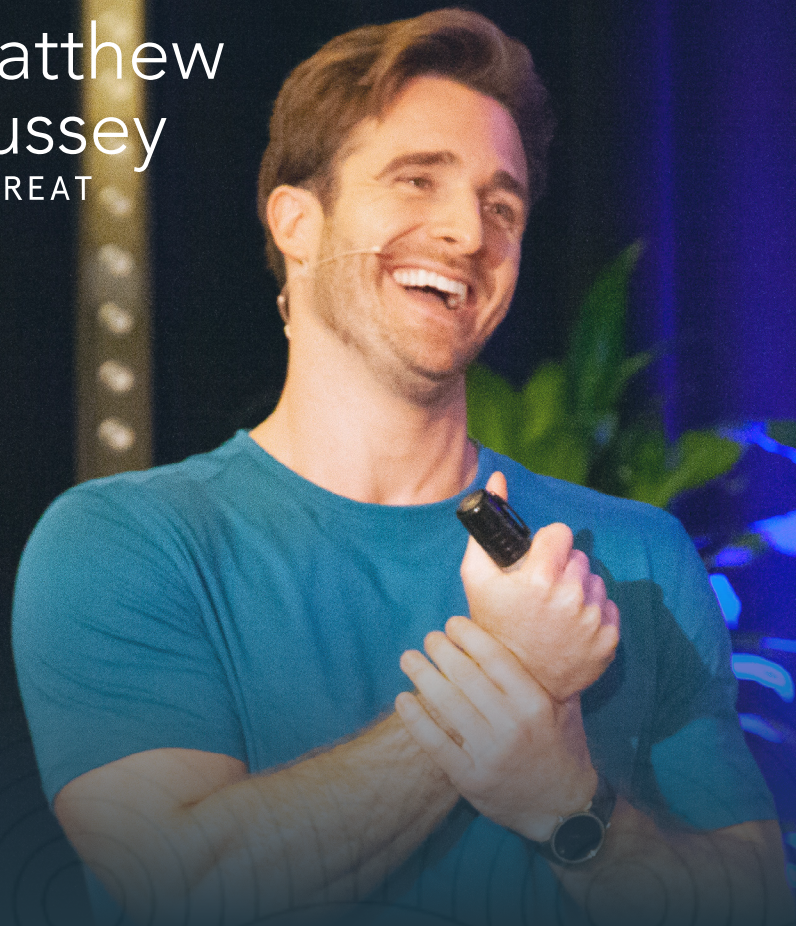




Matthew
Hussey
RETREAT



Is it a vacation? No... But together, we'll take the journey of a lifetime.
Is it a seminar? Certainly not... But in 6 days you'll learn more about yourself
and transform your life in ways you can't possibly imagine.

Welcome To
**THE MATTHEW
HUSSEY RETREAT**

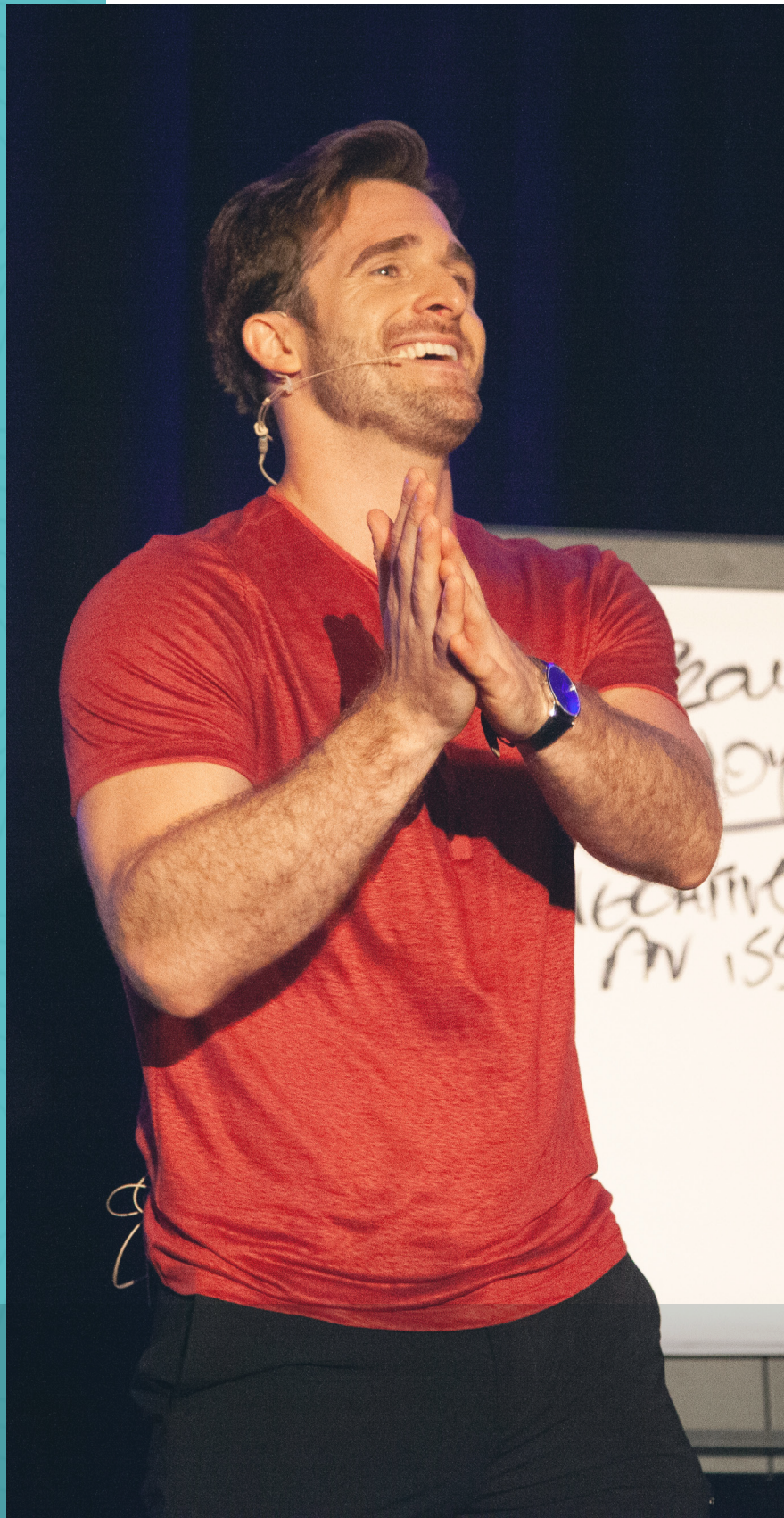
Words can't describe the magic we're about to experience together.

But In The Next Few Pages, We'll Try...



Congratulations on your acceptance to the Retreat! We are about to embark on a very special journey together. The best things aren't given to us. They are built by us. Life isn't about finding out who you are; it's about deciding who you want to be and then living that way.

Matthew X



ESSENTIAL INFORMATION

Retreat Schedule

DAY 0

Resort Check-In | Retreat Registration (1pm - 7pm) | Welcome Reception

DAY 1 - DAY 5

Retreat Program

DAY 6

Resort Check-Out | Lovelife Session (10am - 3pm)

Resort Details

Fort Lauderdale Marriott Harbor Beach Resort & Spa

3030 Holiday Drive

Fort Lauderdale, Florida, USA 33316

+1.954.525.4000

Check-In Time: 4pm

Check-Out Time: 11am



Matthew
Hussey
RETREAT

ESSENTIAL INFORMATION

Room Booking

When it comes to booking your room,
we handle all of the details!

The Matthew Hussey Retreat Team will book your accommodations at the Marriott Harbor Beach Resort & Spa for check-in to check-out.

Please be sure to complete your Pre-Retreat Check-In Form confirming your room preference (single or shared).

Closer to the time we will share a Pre-Retreat Check-In Form so you can confirm your room preference of single or shared.

Airports

Recommended airports to fly into:

FLL > Fort Lauderdale - Hollywood International
(5 miles to the resort)

- or -

MIA > Miami International
(32 miles to the resort)

Travel Visas

If you are traveling from outside the USA, it's important to check if you require a visa.

Some visas take time to process and must be done in advance.

[LINK TO USA TRAVEL VISA INFORMATION](#)

If you're traveling from the UK, you must fill out an ESTA (Electronic System for Travel Authorization) form online at least 72 hours before departure.

[LINK TO ESTA INFORMATION](#)

Ground Transportation

We recommend the following options for getting to the Marriott Harbor Beach Resort & Spa from either FLL or MIA:

[Super Shuttle](#) - or -

Uber or taxi



Matthew
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RETREAT

THE RESORT

mh

Grocery Shopping

Meals will be on your own.

We will be serving buffet-style small plates on the evening of our

Luau Party & 1920's Celebration.

There is a Publix grocery store located 2 miles from the resort. Inquire with the concierge about catching the Sun Trolley transportation to and from Publix.

Whole Foods is also located 4.5 miles from the resort.

Your resort room will have an empty mini-fridge for your personal use!

Parking

On-Site Parking Fee

\$42.00/day

Valet Parking Fee

\$48.00/day

Valet fee includes 7% sales tax
Self-parking is not taxed

Resort Fee

The resort amenity package fee (discounted to \$15.00 per room per night for Retreat members) includes: Resort-wide wireless internet access, 2 beach chairs per day, 2 fitness classes per day, \$25 discount off a spa treatment, 90 mins of tennis court use per day, 1 hour of beach games per day.

Resort fee is applicable to sales tax which is currently 13%

Fitness Facility

HOURS

Open 24-hours, 7 days a week

•••

You will have direct beach access

Tropical Lagoon

Outdoor Pool

Open daily 8:00am - 10:00pm

Heated | Towels provided



PROGRAM SCHEDULE

7:00am - 8:00am

Morning Movement on the Beach

8:00am - 8:30am

Gratitude Session

8:30am - 9:40am

Breakfast & Getting Ready

9:40am - 10:00am

Meet Your Retreat Trainer

10:00am - 1:00pm*

Morning Session

1:00pm* - 3:00pm*

Lunch & Optional Activities

*Activities will be announced before lunch and will take place the second hour of the lunch break.

3:00pm* - 7:00pm*

Afternoon Session

*Session end times and start times will vary, but you will always have a 2-hour break for lunch.

ESSENTIAL INFORMATION

Here is a must-pack check list of items you may not have considered bringing. (We'll assume underwear is obvious)

- Sportswear for morning exercise
- Running shoes & socks
- Sandals/flip-flops
- Swimsuit (if you plan on swimming - there's a beautiful outdoor pool)
- Sunscreen
- Sunglasses
- Warm top (shawl or sweater) for the air-conditioned seminar room
- Pajamas
- We provide a notebook but feel free to bring extra writing material
- Water bottle (optional - there is a water cooler in the seminar room and cups)
- Party Outfit #1: Beach, tropical, luau theme
- Party Outfit #2: 1920s Speakeasy theme

Note About Clothing: Come as you are. Some women opt for business-casual, while others opt for casual-casual or fancy-fancy. However, layers are key! You'll want the option to stay warm in the air-conditioned seminar room, and to cool down after one of our epic dance breaks!



EVENING EVENTS

We have 3 exciting evening events planned for you!

Welcome Reception

An evening to meet your peers, the Retreat team & Matthew.

DRESS: Come as you are!

Luau Party

Let's enjoy the beautiful Florida sunset, dance, and have a good time!

DRESS: Beach, Tropical, Luau

1920's Celebration

We are celebrating your Retreat journey & the exciting new road that you're on!

DRESS: Our 1920s Speakeasy theme encourages us to dress up and shine like the stars we are! If you don't have anything fancy, don't worry! You can add a pair of long gloves, a feather boa, headband, and/or pearls to a dress you already own.



OUTFIT INSPIRATION



Luan Party

1920's Celebration





RETREAT GRADUATES

What our Retreat Graduates had to say about their experience...

Michelle B



m.e.baldwin I haven't lived a minute without my negative critical inner voice. For the first time I'm free..... and, it hasn't returned. If there is anything you need to change or if you just, like me, need to silence your inner critic, sign up. I feel blessed I pushed through the fear and did it. You won't find this care, or fun, anywhere else. Thank you again and thank you all every day.



seraphim1278 Life changing. That's all I can say. I wish every woman I know could attend the retreat. My life will definitely be described in "before and after" this amazing journey.



Angela L



rebekarap It has been an incredible week full of beautiful souls, growth, self discovery. @thematthewhussey I can't thank you enough for this amazing gift. To everyone else, just do it!! 😊❤️



Rebecca R



starvash12 It really is the most amazing, unique, empowering, loving thing you'll ever do for yourself. Matt and his team are truly truly beautiful and wonderful people with hearts of shining gold who want the best for each and everyone of us that attend the retreat. I will remember the week forever. Thank you
💖💖💖🌈🐘🐶 #thematthewhussey



Vashiti H



mak_terelak82 Love you!!!! ❤️❤️❤️ seriously if anyone is reading this and thinking hmm should I go...take this as your sign and GO TO THE RETREAT!!!



Makayla T

 **starsandthorns** Thank you for all the energy and attention to detail and knowledge you put into every aspect of the retreat! I feel honoured and so happy to be part of your tribe! The women I met on the most fantastic bunch I've ever encountered. I've made friends for life. I'm already in 5 different Whatsapp groups and we are all messaging everyday keeping each other motivated and accountable with all our rituals and 1% shifts. I really miss jumping around and dancing with everyone and the hugs! Thank you for bringing us all together - and helping us leave with our best friends, leader and tiger! ❤️

Bianca S.

 **inez1119** Hi Matthew, Thank you for this magnificent week and for all the learnings! You really have created something magical and your team build with such beautiful people. Love you all! 💕💕💕


Inez F.

 **thelaurachase** It was a profound incredible experience we all felt the love in the room with all these wonderful women and this amazing retreat team! It was humbling to experience this love and energy... 🌟💕

Laura C.

 **queenashleyjean** Thank you, thank you, thank you!!! This week was above and beyond anything I could have ever expected. So much love and gratitude for you and your hardworking team! Can't wait to update you all in a few months 🙌💕💕


Ashley B.

 **larac_21** Thank YOU for your incredible efforts and passion. This experience has impacted me more than can be expressed in words, and I can't wait for what comes next (challenges and all!). Infinite thanks and hugs...and dancing 🌟💕

Lara C.

 **lesleypaigecarter** Matthew, so grateful for this week spent with you and your tribe. Thank you for pouring your heart and guts into everything you do. It is evident that you care for so many people on so many different levels. We are so fortunate that you followed your passion and found your purpose. #emotionalbutton

Paige C.

 **bluemacadamia** Matthew, thank you for an incredible, emotional, exciting, and transformational week. You and your entire team created the experience of a lifetime! Thank you for making every day deeply meaningful. I feel incredibly blessed to be part of the tribe. ❤️

Jackie W.

 **hilrab** Thank you Matthew for a challenging but yet very inspiring week! And lots of love to all you wonderful ladies who made this retreat a week to remember for life!! 🥰 Now the journey begins... 😊💕


Hillevi R.

 **cynthiamarie77** Absolutely amazing week, your staff and family added so much to the amazing content and energy you brought to us all! Thank you for creating our tribe! @thematthewhussey #mhretreat

Cynthia H.

 **kimilino** Beautiful, unforgettable week!! Haven't stopped talking about the experience eonce I got back!! Changes in the making!! Thank you for doing what you do!! 😊


Kim G.

 **kelleyes2** Nothing compares to the retreat! I've tried the online programs but they pale in comparison and they are great! I hope someday I get to come back 🥰 Thank you for the best week of my life

Kelley D.

 **dcr1313** @thematthewhussey I feel like I was living in the dark and you turned the lights on for me. Thank you for everything you did this week. The difference this retreat made in my life is tremendous

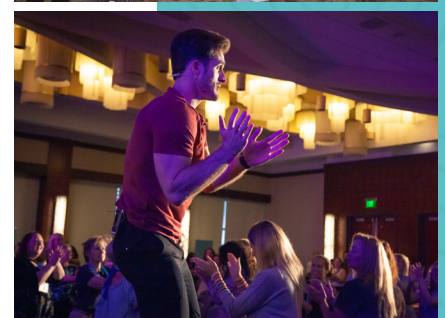
Dara R.

 **drlindsaye** It was an amazing time with unbelievable people and effort from all!! I can't thank everyone enough for a truly life changing experience 💕💕💕

Lindsay E.

 **ascenzadifo** Thank you Matt for a truly unforgettable week, a beautiful uplifting tribe to be welcomed into, and a wealth of knowledge, insight and tools to carry and use every day from here on out. Simply saying thank you could never do you and your amazing team justice. Here's to the first of many teething periods ❤️❤️❤️❤️❤️❤️

Ascenza D.



HOT TIPS!

We've got a few Hot Tips for you to take your Retreat experience up a notch!

Hot Tip #1

Unpacking

Group your party outfit, shoes, and accessories together.

The transition time between the end of the seminar session to the start of our evening event can be short ... like 30-45 minutes. When you're unpacking, try grouping your outfit together so you don't have to sweat about where the other shoe went, or where's that other piece of my outfit! **#organized**

Hot Tip #2

Your Name Tag Is Your Second Wallet

Your name tag contains 2 cards ... to hold your treasures IN-BETWEEN.

As you'll be wearing your name tag at all times, it's a great spot to keep an extra set of your room key and \$5-10 for that coffee or juice bar run. But be sure to place these items IN-BETWEEN the cards.

This way, we can still see your name AND you can keep your treasures tucked away. **#safety**

Hot Tip #3

Bring A Sweater To Morning Exercise

You'll want a sweater when we head into Gratitude Session.

You'll be breaking a sweat working out on the beach for sure! But we head into Gratitude Session straight after Morning Movement and the seminar room is well air-conditioned. While you'll feel relief for the first 5 minutes, the next 25 minutes may feel like the North Pole. To be fully present, you'll be grateful you brought that sweater. **#StayPresent**



**WE CAN'T WAIT TO SEE
YOU IN FLORIDA!**

AND SO
Your Journey
BEGINS



Matthew
Hussey
RETREAT

TERMS & CONDITIONS