



The **Hold Me Tight workshop retreat** starts Friday at 1:00 pm and concludes Sunday at 10:30 am, featuring an intensive and comprehensive schedule throughout the weekend. We encourage you and your partner to consider extending your stay with additional days before or after the workshop to fully experience the beauty and charm of Puerto Vallarta.

***Please note that all times are approximate and subject to change.** Times will be finalized approximately two weeks before the retreat begins. Prior to your arrival, you'll receive a detailed email containing essential information including the complete schedule, transportation details, preparation guidelines, recommended attire for the tropical climate, and other important logistics for your retreat experience. In the meantime, please visit our FAQs section to plan for your adventure ahead of time.

We are looking forward to spending time with you in nature.

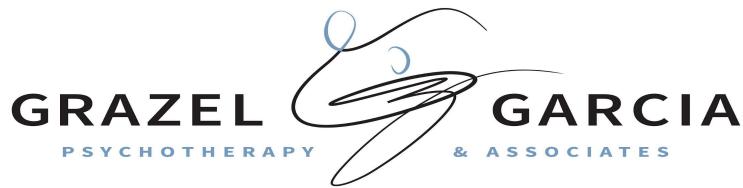
Schedule Overview (Note: Schedule subject to change)

Thursday, February 5th, 2026 - Arrival & Orientation

- Afternoon: Arrival and check-in at Verana (Check-in is at 1:00 PM)
- 3:00 PM - 6:00 PM: Welcome reception and workshop orientation on the main dining terrace
- 6:00 PM - 7:00 PM: Cocktail/Mocktail Hour at the Bar
- 7:00 PM: Dinner

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3371 Glendale Blvd., Suite 214 Los Angeles, CA 90039
Main Line: 323.487.9003; Email: admin@grazelgarciatherapy.com



Friday, February 6th, 2026 - Workshop Day 1

- 7:00 - 9:00 AM: Breakfast at the restaurant with ocean views
- 9:00 AM - 1:00 PM: Morning session
- 1:00 PM - 3:00 PM: 2-hour Lunch break at the restaurant
- 3:00 PM - 6:00 PM: Afternoon session
- 6:00 PM - 7:00 PM: Cocktail/Mocktail Hour at the Bar
- 7:00 PM: Dinner
- Evening: Free time to enjoy Verana's amenities or continue conversations privately in your house

Saturday, February 7th, 2026 - Workshop Day 2

- 7:00 - 9:00 AM: Breakfast at the restaurant
- 9:00 AM - 1:00 PM: Morning session
- 1:00 - 3:00 PM: 2-hour Lunch break
- 3:00 - 6:00 PM: Afternoon session
- 6:00 PM - 7:00 PM: Cocktail/Mocktail Hour at the Bar
- 7:00 PM: Dinner
- Evening: Free time to enjoy Verana's amenities or continue conversations privately in your house

Sunday, February 8th, 2026 - Integration & Departure

- 7:00 - 9:00 AM: Breakfast at the restaurant
- 9:00 - 10:30 AM: Integration session and closing
- 11:00 AM: Check-out and departures

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For any further questions about the retreat, please contact Nicole Orsini at
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Page 3