



HAWAII

Writing Retreat

www.alexandrafrenzen.com

Choose a project.

Spend a week in paradise.

Focus, write, and get it done.

Arrive January 8, 2025	Celebrate January 13, 2025	Depart January 14, 2025
Mercury Enters Capricorn	Full Moon in Cancer	Venus Square Jupiter
Perfect energy for making a plan, focusing, deep work, writing, creativity, and climbing towards big goals.	Celebrate all that has been accomplished. Full circle. Completion. Balance of sensitivity and strength.	Hope, creative fire, enthusiasm, potential, and fertility (in all forms). Carry this energy back home.

WHAT WILL YOU WORK ON IN HAWAII?

Maybe you want to ...



Write your book	Craft your TED Talk	Develop a new offer and marketing plan
Make a pitch deck to woo investors	Plan the next season of your podcast	Write a dozen newsletters
Give your business plan a makeover	Write that one story you've never told	Or anything else you want to create

Free time and space.

Peace and quiet.

No distractions.

WHAT'S INCLUDED

6 nights, 7 days:
private bedroom and bathroom
(no sharing, all yours)

All meals:
breakfast, lunch, dinner,
snacks, and beverages

Energizing movement classes
(get lifted every morning)

Restorative yoga and meditation
(wind down every night)

Housekeeping to tidy your room

Pool, jacuzzi,
and other luxe amenities

Airport pick up and drop off
(no need to rent a car)

Welcome gift and fresh flowers
waiting in your bedroom

Walking trails, trees,
ocean breezes

Breathtaking 5-star atmosphere

90-min Lomi Lomi massage and
sound bath experience

Deep conversations with high-
caliber people doing great work

1-1 time with me to discuss your
project and get my input

More 1-1 time after the retreat to
keep the momentum going

Depart Hawaii feeling so proud of what you've accomplished.

You'll leave with finished work ("Done!"), energized, inspired, and
glowing from the inside out.



Who's Coming

A group of accomplished people from different fields (finance, arts, medicine, law, education, etc.) who each bring unique gifts to the room.

At this retreat, many guests will be working on writing a book, while others will work on articles, essays, newsletters, podcasts, and more.

Where It's Happening

A breathtaking property on the Big Island of Hawaii.

Expect warm weather, ocean breezes, and lush landscaping. Because this is a private property, not a public hotel, you'll receive the street address after registering.

I have hosted 10 retreats in Hawaii, have lived here for 7 years, and know all the best spots.

Rest assured: you'll be delighted when you arrive!

Introvert-Friendly

This is an introvert-friendly retreat.

Every item on the schedule is a gentle invitation, but nothing is required. Do what you want. Skip what you don't.

If you're on a creative roll and want to stay in your room, keep writing, and not talk to anybody, go for it. There is zero pressure to socialize.

We'll do a brief exercise each morning (think: 30 minutes) to get your creative wheels turning and open the writing floodgates. The rest of the day, you'll have free time to create.

No lengthy presentations. No packed schedule. No rushing. Open space.

Airport

Fly into Kona International Airport (KOA) on the Big Island of Hawaii.

Airport pick up and drop off is included. Your driver will whisk you away to the retreat.



“Go to Hawaii! Alex is a wonderful hostess who thinks of so many personal touches to make your trip extra-special. When I arrived, she had framed photos of my kids and husband waiting in my bedroom as a surprise! Not to mention, delicious food in the fridge and pantry. I felt pampered and inspired. I wrote the first 5 chapters of my book in Hawaii on that retreat. Having Alex's feedback on my newly finished pages each day only made my book stronger. It was a delicious and productive week. I highly recommend it!”

Rachel Rodgers

Author of We Should All Be Millionaires, a Wall Street Journal Bestseller and one of Audible's Top Audiobooks of the Year



PAYMENT

~~\$15,000~~

\$13,500

PAYMENT

Register before **November 15** and enjoy **\$1,500 off**.

Rather than \$15,000, your new total is \$13,500 or 3 payments of \$4,500.

This amount is **all-inclusive** and covers everything: accommodation, meals, housekeeping, massage, movement and meditation classes, airport pick up and drop off, 1-1 time during and after the retreat, and connections with people who change your life in unexpected ways.

REGISTRATION

To reserve your spot at this retreat, register by clicking the button below or by going [here](#).

REGISTER

As of November 1, we have just **two bedrooms** remaining!

Email hello@alexandrafranzen.com if you have any questions.

See you in Hawaii!

-Alex

