



Female Chain Reaction

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FCR Live is offered in an intimate waterfront retreat on Vashon Island. Register early for private retreat lodging!

FCR Live Retreat opens with Friday night Paella dinner and paddleboard opportunity. Vashon Island is reached by ferry. Fly into Seattle Intl. Airport, Uber, Lyft, or Taxi to Fauntleroy (West Seattle) [WSF](#) terminal and we can arrange for pickup or E-bikes will be a commuting option from the ferry to the lodge (Rental car is also an option just not quite as fun!). Self-massage and tissue hydration technique classes will be offered each evening and morning for all attendees to prepare your mind and body for the lecture, lab and rest components of this unique FCR Live Retreat.

Food: Opening night Paella and 2 breakfasts meals are included in the event.

Lodging: Private, double and triple occupancy at the retreat lodge is available with limited private rooms. Contact Michelle to book Retreat Lodging info@CoreCentricTraining.com

Date: October 12-14 (FCR Live will be on Saturday and Sunday)

Location: Vashon Island, WA

Contact Person: Sandi Silagi or Michelle Reed info@CoreCentricTraining.com

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