

6th Annual Sweatpants and Chill Retreat: “The Relax Redo” Redefines Conferences

Waldorf, MD - LB Innovations is thrilled to unveil the much-anticipated 6th Annual Sweatpants and Chill Retreat: The Relax Redo, set to take place from November 17th to 19th, 2023, at the picturesque Hyatt Regency Chesapeake Bay Golf Resort.

2023 NOV 17-19

6TH ANNUAL SWEATPANTS AND CHILL RETREAT

Hyatt Regency Resort & Spa
Cambridge, MD

Visionary & Host
LaTasha Briscoe
@CreativesCoach

A Mind, Body. Soul & Business Experience.
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SWEATPANTS AND CHILL RETREAT
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Baltimore, Maryland Aug 2, 2023 (Issuewire.com) - 6th Annual Sweatpants and Chill Retreat: “The Relax Redo” Redefines Conferences

A focus on your business, well-being, and healthy connections!

LB Innovations is thrilled to unveil the much-anticipated 6th Annual Sweatpants and Chill Retreat: The Relax Redo, set to take place from November 17th to 19th, 2023, at the picturesque Hyatt Regency Chesapeake Bay Golf Resort, Spa, and Marina. This unique event, born from the desire to break free from conventional conference norms, is a harmonious blend of retreat and conference, inviting participants to embrace relaxation, personal and professional growth, and meaningful connections.

The Sweatpants and Chill Retreat: Relax/Redo originated from a simple realization by its founder, LaTasha Briscoe, a seasoned event planner who has frequented numerous industry conferences. Tired of the constant need to dress up for every single event, the founder envisioned a conference where professionals could gather in their most comfortable attire, free from the constraints of formal wear. What started with a small gathering of 50 women has blossomed into a vibrant community, now including men and industry experts, spanning virtual connections through a dedicated Facebook group and in-person experiences.

Briscoe mentions she, “regularly attends industry events and in one day, I often have 3 - 5 outfit changes, easy. Wake up for the initial plenary wearing a suit, then head to the brunch in a chic cocktail dress, afternoon workshops in professional wear, and finally the evening happy hour attire. It’s too much. I want to be here for the business and the growth... and that’s what we do at the Sweatpants and Chill Retreat.”

At the heart of this retreat lies a supportive and engaged community, bringing together like-minded individuals who seek personal and professional growth. The intimate nature of the event, with an attendance capped at approximately 150 participants, ensures active participation in breakout sessions, fostering intimate conversations and networking opportunities.

The 6th Annual Sweatpants and Chill Retreat stands out from traditional retreats and conferences in several key ways:

- **Retreat and Conference Integration:** This unique event effortlessly weaves together the serenity of a retreat with the practicality of a conference. Attendees can indulge in soul-soothing activities such as sound baths, meditation, yoga sessions, and beach excursions, while also benefiting from valuable business insights, workshops, and presentations.
- **Thoughtfully Structured Schedule:** Breaking away from the norm, the retreat schedule has been carefully curated to avoid overwhelming back-to-back sessions. This intentional design allows participants ample time to embrace the retreat experience, engaging in self-reflection, personal wellness, and relaxation. It's an opportunity to truly unwind and recharge.
- **Inclusivity and Family-Friendly Atmosphere:** The Sweatpants and Chill Retreat warmly welcomes individuals to bring their families along, the resort offers a range of activities and amenities suitable for all ages. The event creates an atmosphere akin to a "family reunion" where participants can bond, create memories, and enjoy quality time together while exploring the beautiful surroundings of the resort.

The retreat is built around four fundamental pillars: mind, body, business, and soul. Workshops and sessions address topics such as finance, health, wellness, and relationships, providing a holistic approach to personal and professional development. Additionally, special events such as fireside chats, keynote presentations, and a celebratory praise brunch on Sunday offer diverse and engaging

experiences for attendees.

Early bird registration for the 6th Annual Sweatpants and Chill Retreat: Relax/Redo is currently open until September 1, 2023. Secure your spot now to be a part of this transformative event that brings comfort, connection, and true community to the forefront of the conference experience.

For more information and to register, please visit the [registration website](#). Space is limited, so act swiftly to reserve your place at this one-of-a-kind retreat.

Brand Partnerships

Want to get in front of those closest to the community – business leaders, corporate professionals, creatives, and homemakers that have an appreciation for sustainable brands? Mission-aligned brands can make the greatest impact by hosting an activation at the retreat; providing information in the event swag bags, or becoming an event partner by reaching out to LaTasha Briscoe immediately at SweatpantsandChillRetreat@gmail.com as limited brand partnership opportunities are available.

About LB Innovations

LB Innovations is a full-service event planning and design firm that serves the Washington, DC Metro area and on-location wherever their clients desire. LB Innovations plans approximately 85 events per year and 25+ major projects for corporate clients with a full team of planners, logistics specialists, and designers. They specialize in weddings, social events, and corporate and non-profit client experiences. LB Innovations strives towards bringing innovative designs and unique events that create lasting memories. Our services include: meeting Host and facilitation, virtual event planning and facilitation, group retreat expertise, and space design.

For media inquiries, please contact:

LaTasha Briscoe

Host and Visionary

Sweatpants and Chill Retreat

SweatpantsandChillRetreat@gmail.com

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2023 NOV 17-19
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- 03 GROUP DISCOUNTS ARE AVAILABLE & INCLUDE PREMIUM RESERVED SEATING!
- 04 SINGLE DAY BUNDLES ARE AVAILABLE FOR THOSE THAT CAN'T STAY ALL WEEKEND!
- 05 MEN ARE INVITED AND WE SPOIL THEM TOO WITH SWAG & GIFTS!

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Source : LB Innovations

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