

Paddle up for
The HA Society
Pickleball Retreat

Austin, Texas November 8-11th 2024



An aerial photograph of a city skyline, likely Atlanta, Georgia. In the foreground, a wide, multi-lane bridge spans across a body of water. The bridge is mostly empty, with a few small figures visible on the sidewalks. The water is a deep green color. On either side of the bridge, there are lush green trees and parks. In the background, a dense cluster of skyscrapers and high-rise buildings forms the city skyline. The sky is a clear, bright blue with a few wispy white clouds. The overall scene is bright and sunny, suggesting a clear day.

Let's Pickleball YA'LL



A once in a lifetime trip

In all of our work with women who are mentally and physically burned out we've come to realize something important...**Joy, play and laughter is a non-negotiable for health.**

The only thing better than that is doing it in community, on the pickleball court!

Introducing The HA Society Pickleball Retreat!

Austin, Texas beckons to all who seek an unforgettable blend of culture, music, and natural beauty. The vibrant city boasts a lively music scene, world-renowned festivals, and an eclectic culinary landscape. This retreat though? We're ditching our regularly scheduled nature-vibes for some city life and pickleball fun.

Do you need to be good at pickleball to come? No. We will teach you the ways. Ashley, Dani and Mishi are big fans who have played a lot and invite you to just come, hit and have fun. Then we'll eat and be merry!

Austin Pickle Ranch isn't a ranch at all... it's a bunch of courts on the rooftop of a building in the middle of the city, not far from Lady Bird Lake. It's gonna be great.

So, prepare to be captivated by the unique spirit of Austin, Texas. With its intoxicating blend of urban excitement and natural charm, this dynamic city invites you to embrace the essence of Texas hospitality and embark on an unforgettable journey unlike any other ;)



Dani, Ashley + Mishi

On this amazing trip we will be:

- Laughing a lot
- Doing a LOT of solid personal development work
- Eating good food
- Playing pickleball
- Making solid friendships
- Not working (but there will be wifi lets be real we have kids)

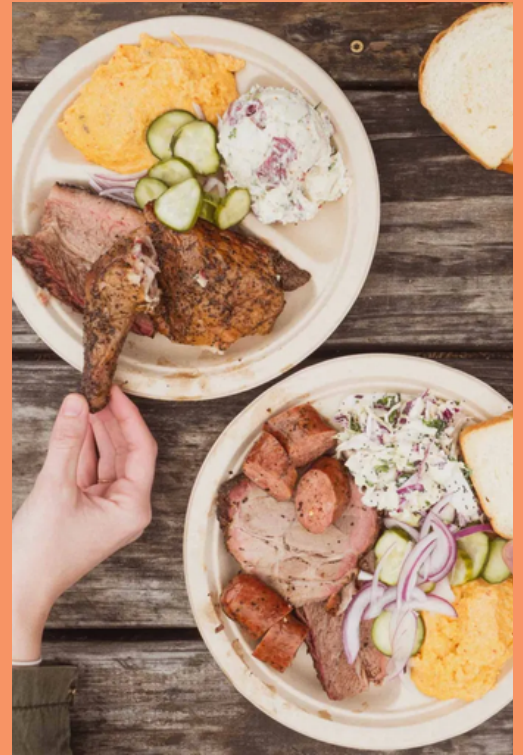
What to expect on this *epic trip*

Try Texas Barbecue
Austin Mural Scene

South Congress
Avenue



Barton Springs Pool
Try Tex-Mex



Lady Bird Lake Hike-and-Bike Trail



Pickleball at The Pickleball Ranch



Accommodations, flights & travel

Book a flight that arrives **BEFORE** 1pm CST on November 8 and depart **AFTER** 3pm November 10. We encourage you to book an extra day for a free day in Austin to hang with your new friends.

Airport transfer included.

**Accommodation at Austin hotel.
Covered in your registration fee.
Shared room.**

Court fees will be covered. Pack your paddle if you have one, if not we will cover your gear.

Tentative Itinerary

Saturday

Arrival and airport transfer
Personal Development / Lunch
Pickleball
Austin sight seeing/hangout and dinner

Sunday

Breakfast
Pickleball
Lunch
Personal Development
Pickleball
Austin sight seeing/hangout and dinner

Monday

Breakfast
Personal Development
Pickleball
Head to airport