



# WELLNESS RETREAT

Duration: 3-hour package  
\$95 per person | All inclusive of taxes and fees  
40 person minimum

## INCLUDES:

Venue  
1 hour Yoga or Pilates class  
Wellness Lecture: customizable focus, health/ wellness/ diet/ and stress management.  
Light healthy lunch- menus customizable

## AVAILABLE ADD-ONS:

Sound Bath  
Massage Services

## REFRESH:

ACAI BOWLS

BEVERAGE

*(choose 3)*

Fresh-pressed Juice  
Lemon and cucumber-infused water  
Maca Latte  
*turmeric, cinnamon*  
Green and herbal tea  
Iced oat milk Matcha

## ENERGIZE:

POKE BOWLS OR  
MEDITERRANEAN CHICKEN BOWLS

BEVERAGE

*(choose 3)*

Fresh-pressed Juice  
Lemon and cucumber-infused water  
Maca Latte  
*turmeric, cinnamon*  
Green and herbal tea  
Iced oat milk Matcha

## WELL-BEING SESSIONS:

Burnout In The Workplace  
5 Foundations Of Health and Wellbeing  
Immune Resilience During Busy Season  
The Science Of Lasting Health Habits  
Boost Memory and Focus With Food  
Craving & Blood Sugar Support: How To Stop The Energy Crash Cycle  
Time Saving Meal Prep Tips: Weight Loss For Professionals  
Improve Bloat and Digestive Health  
Nutrition For Strength & Longevity