(Re)Treat *Yourself*

Retreats are an amazing opportunity to make space in your workday and life to step away – free from demands and distractions. And although many retreats start as an individual experience, they grow into a fully immersive experience where an entire network of people can benefit. Consider how one of the following retreats can benefit you and your team!

The Working Retreat	Are you or your team on a mission to move an organization or project forward? An intentional agenda blends dedicated working time blocks with alternating periods of refueling and restoration (short movement and rest breaks) to maximize mission-focused work.
The Self-Care Retreat	Self-care is all about identifying your needs, recharging your batteries and potentially re-imagining what the future might hold to best support your most inspired, authentic and empowered self.
The Teambuilding Retreat	Dedicated to getting folks outside their comfort zone with the intention to awaken new growth and possibilities, the goal is for everyone to better understand how to maximize effectiveness and impact.
The Hype Up Retreat	Let's get the party started on the best foot possible by clearly communicating what's new, what's exciting and how it will positively benefit them and so many others!
The Creative Retreat	Some say inspiration is everywhere, but it can be difficult to find it. Use tactics for eliciting ideation, innovation and/or artistry to allow the magic to happen!
The Reward Retreat	This is the carrot: the classic incentive trip that you've either heard about or been fortunate enough to earn and experience! For those more driven by a competitive nature, some people will gladly hustle for that trip to paradise.

Please contact us at **info@wellnesscollective.com** for pricing. For your reference, individual retreats can start from $295 per person for a two-night stay.

Ready to bring your vision to life? Connect with us via email or complete the form at **bit.ly/WCRetreats**. We'd love nothing more than to help you (re)treat yourself!

transforming lives through health & happiness

wellnesscollective