

Through a series of workshops, treatments, and yoga and meditation classes, we'll work with you to design a retreat based on your group's needs and wants.

## WHY?

- Develops community
- Refreshes, rejuvenates, and re-empowers individuals
- Introduces a variety of wellness concepts
- Improves health
- Creates transformations

## WHAT TO EXPECT

Once we establish your goals, we'll create mini workshops (1-3 hours in length), half day retreats, or week-long programs run by several professionals.