

BE BALANCED

PALM SPRINGS, CA • JANUARY 18-20, 2019



WHAT'S INCLUDED

- All room accommodations for 2 nights (including tax) and parking at the hotel
- Use of Palm Springs's only Scandinavian Spa on the property (hot tub, dry sauna, cold plunge)
- All meals: House-made breakfast, boxed lunch, catered buffet dinner
- Daily happy hour

WAIT, THERE'S MORE

- *Variety of daily workouts including a guided desert mountain hike
- Daily meditation sessions
- Thirty (30) minute pool-side express facial and chair massage
- Empowerment Speaker
- Cooking Demo/Nutrition workshop
- Exclusive Retreat Swag Bag w/ hiking supplies & more
- Retreat T-shirt

*DAILY WORKOUT DESCRIPTIONS

- 1) Barre - Focused on core strength and stability to improve posture and functional movement.
- 2) Deep Stretch - Focused on recovery and restoration through total body deep stretches.
- 3) Hike - Guided group hike through trails nestled in the San Jacinto Mountains.
- 4) HIIT & Core - Low impact cardio moves mixed with active recovery via core toning and stability exercises.

PRICING

Single Occupancy	Double Occupancy
\$1,100	\$1,880 (\$940 per person)

- Prices do not include travel or airfare

PAYMENT OPTIONS

- \$300 non-refundable deposit to reserve your spot
- Remaining balance due: Jan 7
- Note - Space is limited to 22 *guests* to allow for exclusive use of the property, 1:1 attention, connections, and total relaxation.

Let us know about allergies and dietary restrictions when you reserve your spot!

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WELLNESS RETREAT



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