



Your Dynamic Health & Wellness Retreat

By: Patrice J White

Escape to the Cool Hills of Manchester



Who is Patrice J White?

A dynamic and transformative health and wellness coach, International Marathon Runner & Obstacle Racer, Speaker, Brand Ambassador and Entrepreneur that helps individuals to become the best version of themselves.

For the last 7 years, Patrice J. White has carved out her own space in the Caribbean fitness industry as a leading health and wellness trainer providing her clients with dynamic results through her tried and tested framework that helps individuals to become the best versions of themselves – physically, mentally, and emotionally. She is the 2022 Central America Prestige Awards Personal Trainer of the year winner.

Helping thousands of clients globally, Patrice is your accountability partner in fitness offering a range of services to meet you where you are on your health and wellness journey including 1:1 customized coaching sessions, group boot camps (virtual and in-person), nutrition coaching, weight loss training, and body sculpting. She also has an active online membership community with hundreds of Dynamos with the common goal of becoming the best version of themselves.

Known for her unorthodox approach to training and coaching her clients, Patrice is the go-to trainer for busy executives and celebrities who are ready for a dynamic lifestyle transformation. Having had her own experiences with mental health, Patrice is also an advocate for mental health and wellness. She has executed several mental health school and corporate tours and actively participates in various activities to share her journey.

Patrice has completed over 21 marathons internationally, 60 half marathons and is currently looking to create history as a marathon runner by becoming the 1st female Jamaican marathon runner to complete all 6 World Marathon Majors.

For the past 9 years she has successfully completed over 30 of the grueling Spartan Obstacle Race series and just recently launched her own athletic & leisure wear line of clothing, **Saint White Leisure**.



Why is a Wellness Retreat Important?

Wellness Retreats offer a valuable and rare experience for individuals allowing them to escape from their usually busy and tiring life to a place that allows them to reset, rejuvenate and revive their mind, body, and soul in preparation to get back to work and life with more energy, enthusiasm, and purpose than ever before.

With the world just recovering from the global pandemic Covid-19, I'm sure that if nothing else, we have all learned the true value of taking better care of ourselves through the implementation of exercising and finding a work/life balance that allows us to feel stress-free.

7 Key Benefits of a Wellness Retreat

- Decompress & Release Stress
- Rejuvenate & Revitalize Your Body
- Learn/Practice Health-Enhancing Exercises
- Gain Nutritional Benefits
- Learn & Explore Mental Wellness Techniques
- Improved Work Morale
- Spend Time with Like-Minded People

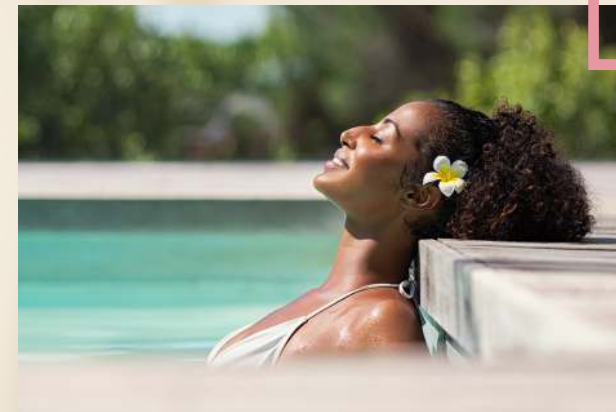


Elements of this Retreat

This retreat targets the Human Resources Departments of organizations as they would have first-hand knowledge of which staff members would benefit most from this retreat. My aim is to take groups of persons away from their offices to help them to reset their minds, bodies, and souls because I know and understand that a healthy workforce helps to boost morale among staff members.

The key elements of this retreat are:

- HIIT Workout Session
- Yoga Session
- Living Your Best Dynamic-Life Session
 - Health & Lifestyle Talk
 - Taking Care of Your Mental Health Talk
- Coffee & Tea Break
- Lunch



*If you're NOW ready to take your
staff on a well needed Dynamic
Wellness Retreat, contact me:*

✉ info@patricejwhite.com

☎ 876-383-7964

🌐 @patricejwhite