



# DYNAMIC LIFESTYLE HEALTH & WELLNESS RETREAT

ESCAPE THE HUSTLE & BUSTLE OF THE CITY WITH PATRICE J WHITE



## WHY TAKE YOUR TEAM ON A WELLNESS RETREAT?

With the hectic lives we lead now taking a toll on our minds and bodies, we have all learned the true value of taking better care of ourselves. A wellness retreat offers your team a chance to escape from their busy and stressful lives and do just that.

Our health and wellness retreat provides an immersive environment for participants to begin or continue their journey towards improving their lives through fitness sessions, empowering talks and workshops, and partaking in healthy, nutritious meals.

It allows them to rest, reset and rejuvenate their mind and body, so they can get back to work and life with more energy, enthusiasm and purpose than ever before.



## KEY BENEFITS OF A WELLNESS RETREAT

- Unwind in a calm, tranquil environment
- Decompress and release stress
- Rejuvenate and revitalize your body
- Practice health-enhancing exercises
- Develop and improve healthy eating habits
- Learn mental wellness techniques
- Improve energy and work morale
- Spend time with like-minded people

# WHAT'S INCLUDED?

## WORKOUTS

- HIIT Workout Session
- Yoga Session

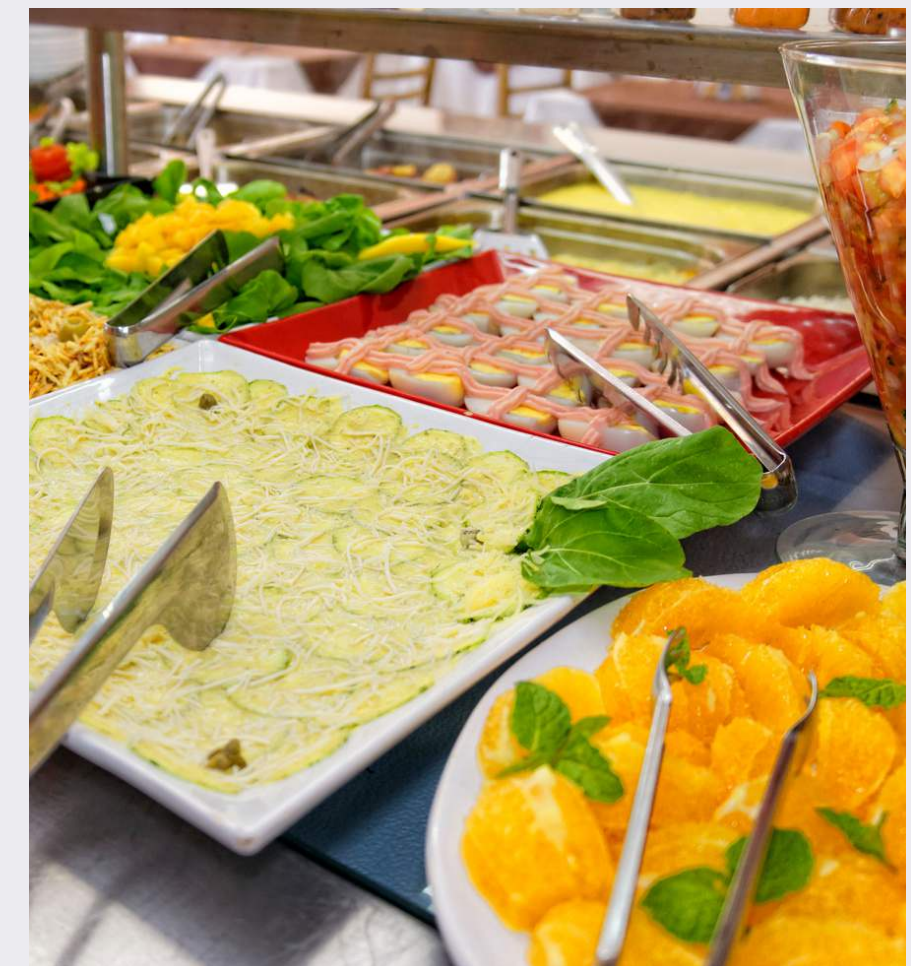
## TALKS & WORKSHOPS

- Living Your Best Dynamic Life Talk
- Health & Lifestyle Chat
- Mental Health Workshop

## MEALS

- Coffee & Tea Break
- Healthy, Nutritious Lunch

Schedule and sessions can be customized according to your team's preferences and needs.





## MEET YOUR GUIDE – PATRICE J WHITE

Patrice J White is an award-winning dynamic and transformative health and wellness trainer, nutrition coach, speaker, brand ambassador, international marathon runner, and entrepreneur.

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. Her tried and tested framework that helps individuals to become the best versions of themselves physically, mentally, and emotionally.



# READY TO TAKE YOUR TEAM ON A WELL-NEEDED WELLNESS RETREAT?

## GET IN TOUCH



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