



Wellness Retreats

Unplug, Recharge, and Strengthen Teams

Experiencing a new environment outside the office helps teams strengthen connections, gain fresh perspectives, and develop the clarity needed for long-term success.

Our multi-day wellness retreats provide structured experiences that help employees manage stress, improve collaboration, and enhance overall well-being. Whether it's a leadership-focused retreat, a team-building experience, or a restorative wellness escape, we design programs that align with your company's goals and values.

Wellness Retreat Options

Weekend Wellness Reset (2-3 Days)

A focused getaway to recharge through mindfulness, movement, and nature.

Signature Multi-Day Retreat (4-6 Days)

A fully immersive experience with curated wellness, leadership, and cultural activities at our handpicked destinations.

Inclusions

- **Itinerary Curation**
Custom wellness programming including yoga, meditation, breathwork, and team-building activities.
- **Venue & Accommodation Coordination**
We source and manage ideal retreat locations.
- **Culinary Experience Planning**
Wellness-focused meals designed to nourish and energize.
- **Adventure & Cultural Immersion**
Optional excursions, nature therapy, and team bonding experiences.



Catherine Rodrigues

Corporate Operations Account Manager
corporate@startyouradventure.com

We design multi-day retreats that foster transformation.

Learn more at www.startyouradventure.com/corporate