



# Retreats / Off sites

Variety of retreat types you can host in our private villa ranging from wellness to creative to professional themes.

## Wellness & Lifestyle Retreats

- **Yoga (all styles)** - Vinyasa, Yin, restorative, kundalini.
- **Pilates (all styles)** - Reformer Pilates, Regular Pilates
- **Meditation & Mindfulness** - Silent retreats, breathwork intensives, stress-reduction journeys.
- **Detox & Longevity Retreats** - Cold plunges, sauna therapy, anti-inflammatory cooking, sleep optimization workshops.
- **Spa & Self-Care Retreats** - Massages, facials, skincare workshops, aromatherapy.
- **Ayurveda Retreats** - Dosha assessments, Ayurvedic cooking, daily rituals.
- **Fitness Retreats** - Strength training, HIIT, barre, mobility, functional fitness.
- **Holistic Healing Retreats** - Sound baths, Reiki, crystal healing, energy work.
- **Men's or Women's Wellness Weekends** - Hormone health, confidence coaching, body positivity.

## Business & Professional Retreats

- **Leadership or Team-Building Retreats** - Corporate off-sites with curated activities.
- **Entrepreneur Mastermind Retreats** - Strategy sessions, brand building.
- **Remote Work / Productivity Retreats** - Co-working, skill workshops.
- **Creator/Influencer Retreats** - Content production, brand collabs, workshops.

## Outdoor & Adventure Retreats

- **Hiking/Trekking Retreats** - Guided nature walks, trail exploration.
- **Cycling Retreats** - Road, trail, or e-bike tours.



## Creative Retreats

- **Book Club Retreats**
- **Art & Painting Retreats** - Watercolor, oils, abstract, mixed media.
- **Photography Retreats** - Nature, portrait, lifestyle, editing workshops.
- **Writing Retreats (non-book specific)** - Screenwriting, poetry, journaling, creative expression.
- **Music Retreats** - Songwriting, sound production, acoustic sessions.

## Culinary & Cultural Retreats

- **Cooking Retreats** - Farm-to-table, plant-based, regional cuisine focus.
- **Wine or Mixology Retreats** - Tastings, pairings, vineyard tours.
- **Cultural Immersion Retreats** - Local art, history, language learning.
- **Nutrition & Meal Prep Retreats** - Healthy cooking, macro-balanced workshops.

## Mindset, Spiritual & Personal Growth Retreats

- **Life Coaching Retreats** - Goal setting, habit building, purpose-finding.
- **Spiritual Retreats** - Astrology, tarot, manifestation, ritual practices.
- **Emotional Wellness Retreats** - Somatic work, trauma-informed workshops.
- **Relationship or Couples Retreats** - Communication tools, intimacy workshops.

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