



## CORPORATE/TEAM RETREAT (5-30 People)

1 Day: \$997/person

2½ Days: \$1,997/person

# 1 DAY (CORPORATE / TEAM RETREAT AGENDA

## Day 1 (7am- 7pm)

- *Morning Movement*
- *Breakfast & Superfoods*
- *Behavior Change Principles, Beliefs & What Is Possible?*
- *Making Health a Business Strategy*
- *Target To Table Themed Lunch*
- *Human Capacity Training*
- *The 3 Pillars to Success*
- *White Space & Herbal Tea Break (Planned Recovery Time) or Open Space*
- *Target To Table Themed Dinner*



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# 2.5 DAY (CORPORATE / TEAM) RETREAT AGENDA

## Day 1 (5pm- 8pm)

- Arrive & Greeted with Mineral Water Cocktail
- Target To Table Themed Dinner
- Vision, Goal Setting, & Review Retreat Agenda
- Restorative Movement: How to Quiet the Mind & Relax the Body
- Planned Sleep

## Day 2 (7:00am-8:00pm)

- Morning Movement
- Breakfast & Superfoods
- Behavior Change Principles, Beliefs & What Is Possible?
- Making Health a Business Strategy
- Human Capacity Training
- The 3 Pillars to Success
- Target To Table Themed Lunch
- White Space & Herbal Tea Break (Planned Recovery Time) or Open Space
- Target To Table Themed Dinner
- Restorative Movement & Sleep Training
- Planned Sleep

## Day 3 (7:00am-2:00pm)

- Morning Movement
- Breakfast & Superfoods
- Decoding Your Health
- The Stress Response
- Know Your Numbers Workshop
- Target To Table Themed Lunch
- White Space & Herbal Tea Break (Planned Recovery Time) or Open Space
- Future Plan & Next Steps
- Q & A, Wrap-Up
- Snacks for The Road & Depart Home