



PUBLIC RETREAT (10-30 People)

2½ Days: \$1,997/person, \$3,000/couple

2.5 DAY PUBLIC 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?
- Human Potential & Aging Well
- On Target Living Philosophy
- 3 Core Principles for a Sustainable Lifestyle: Cell Health, pH Balance & The Source
- Target To Table Themed Lunch
- 3 Pillars to Success: Resting, Eating, & Moving
- Resting: White Space, Planned Recovery, Sleep & Hormonal Balance
- Eating: Hydration, Meal Patterning, Upgrades, Gut Health & Sustainable Eating
- Moving: 5 Essential Pieces to Movement, Mind Body Connection
- Target To Table Themed Dinner
- White Space & Herbal Tea Break (Planned Recovery Time)
- Restorative Movement & Sleep Training
- Planned Sleep

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

- Morning Movement
- Breakfast & Superfoods
- Decoding Your Health
- Know Your Numbers Workshop
- Insight into Cholesterol, Digestive Health, Blood Pressure, Immune System, Hormonal Balance, Stress, Atrial Fib, Bone Health, Allergies, Skin, Hair, Sleep, Energy, & Peak Performance
- Target To Table Themed Lunch
- White Space & Herbal Tea Break (Planned Recovery Time)
- Next Steps & Sustainable Action Plan
- Q & A, Wrap-Up
- Snacks for The Road & Depart Home