

TEAM WELLNESS RETREAT DAY™

with Alexa Oliveri

Each Team Wellness Retreat Day is customized to the organizations needs. Alexa will guide the entire experience, along with other trained practitioners.

Pre-Event: Alexa will curate the wellness retreat with your companies' needs and wants.

During Event: Alexa will be there to guide and ensure all is moving in a positive and effective direction for the team.

Post Event: A one hour recap meeting dedicated to learning about the impact from the retreat, what's being integrated into the office and productivity space, how has leadership expanded/gained clarity, etc. There will also be an opportunity to plan for next wellness day.

Recommended - (1) wellness day per quarter, or (2) semi-annually. Price reductions offered if signed up in advance.

The cost for the retreat day is:

\$10,650 for teams of 11-20

\$8,000 for teams of 5-10.

***The cost of the chosen retreat venue and the food are not included - Coordinated by Alexa and her team; a total bill will be provided prior to the wellness day.*

**** If feasible, the retreat can be held at your office. Props will be brought into enhance the space*

awaken success | embody leadership | shine in the work



SAMPLE SCHEDULE

9:00AM - 4:30PM (7.5hrs)

9:00 AM-11:00 AM:

Welcome Circle/Light Breakfast

10:00 - 11:00AM:

Nature Walk & Exploration

11:30AM - 12:30PM :

Energy Reiki Healing

12:30 - 1:30:

Quiet/Reflection Time & Lunch

1:30PM - 2:30PM:

Art to Unleash Your Creativity

2:30PM - 3:15PM:

Restorative Yoga

3:15PM - 4:15PM:

Group Share/Day Reflection/Closing Circle