

# Wellness Recharge

X ARIEL & KIKI

*An Exclusive Retreat in*  
Ojai, California

Welcome to the ultimate wellness recharge retreat for female executive leaders! We know that as a busy female executive, it can be hard to find time to take care of yourself. That's why we've curated an intimate and exclusive retreat, just for you, in the beautiful town of Ojai, California.

Our retreat is designed to help you recharge and reconnect with yourself in a meaningful way and is limited to a small group of female executive leaders to ensure an intimate and exclusive experience. This means you'll have plenty of opportunities to connect with like-minded women, share experiences, and make lasting friendships.

You'll enjoy nutritious meals made with locally sourced ingredients, luxurious accommodations, engaging activities, and access to the stunning natural beauty of Ojai, California. From fitness and meditation classes (all levels welcome), to wellness focused workshops, and personalized wellness treatments, we've got everything you need to recharge and rejuvenate. Our team has thought of everything to make your retreat experience as enjoyable and stress-free as possible.

At our wellness recharge retreat, you'll have the opportunity to:

- **Reconnect with yourself:** Take time to reflect on your personal goals and needs, and get the support you need to achieve them.
- **Reduce stress:** Daily workouts, workshops, and relaxation time will help you find peace and relaxation, while developing stress-reducing habits.
- **Nourish your body:** Nutritious chef-prepared meals will give your body the fuel it needs to feel its best, and develop healthy eating habits working with an expert coach.
- **Build lasting connections:** Our intimate retreat setting allows you to connect with like-minded women and build lasting relationships that will support you long after the retreat is over.
- **Get inspired:** Our expert coaches will help you develop new perspectives and insights that will inspire you to live your best life.

Don't miss this opportunity to recharge and reconnect with yourself in the company of other successful women. Join us for our exclusive wellness retreat in Ojai, California and take the first step toward a happier, healthier you.

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## General Information

**Dates:** June 15 - 19, 2023

**Location:** Ojai, California

**Price:** \$6,500

**Included:**

- Luxury Accommodations
- Chef-Prepare Breakfasts (3), Lunches (3), and Dinner (2),
- 3 Expert-led workouts
- 3 Expert-led leader oriented workshops
- Horseback riding excursion
- Expert-led breath work session
- One 60 minute massage per person
- Welcome gift bag with fun surprises

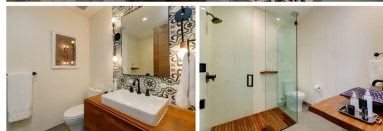
**Not Included:**

- Airfare & Ground Transportation,
- Free Time Activities (including 2 dinners)
- Additional Alcoholic beverages
- Additional food

## What's Included - Detailed Description

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### *Accommodations*

Situated on five private acres, Casa Goro Topa is the ultimate luxury escape in the Ojai Valley. There are two homes on the property. The newly constructed "Modern Hacienda" is a statement

of relaxed luxury. It's designed around the expansive indoor/outdoor entertaining space and provides the perfect place to relax in ultimate privacy and serenity. The property's traditional hacienda-style home was fully refurbished and thoughtfully reimagined into the property's guest house, where you're hosts will be staying.

### **Amenities Include:**

- 6 King Suites with Private Ensuite Baths
- Movie Theater
- Sunroom | Meditation room
- Chef's Kitchen
- 50' Pool + Spa
- Full - size Tennis Court & Pickleball Court with Basketball Hoop
- Outdoor Kitchen + Fire Pit + Wood Fire Grill + Pizza Oven
- Yoga Platform
- Barn with Picnic Tables
- Bocce Court + In Ground Trampoline + Ping Pong Table + Tree Swing
- Parking is available for those who wish to drive to Ojai

### *Chef-Prepared Meals*

Healthy chef-prepared meals will be provided for breakfast & lunch (on Friday, Saturday, & Sunday) and for dinner (on Friday & Sunday). All meals are made with the freshest ingredients, sourced from local farmers and prepared by experienced chefs. All meals will be prepared in-house and will have primal, pescatarian and vegetarian options. Please do let us know if you have any allergies.

### **Sample Menu:**

- **Breakfast:**
  - MEDITERRANEAN BAKED EGGS sundried tomatoes, feta, peppers, olives, basil, baked eggs
  - SOUTHWEST HASH sweet potatoes, black beans, roasted peppers, kale, chipotle salsa, avocado
  - BREAKFAST BOWL quinoa, spinach, walnut-feta pesto, hard-boiled egg
- **Lunch**
  - Chef's selection of seasonally based vegetable salads / homemade dressing/ and spreads
  - Bountiful Fresh Supergreens, seasonal veggies, farro, quinoa or brown rice, cheese, olives, nuts + seeds
  - All lunch options can include Protein options (chicken, turkey, steak, fresh caught fish)
- **Dinner**
  - Make your own Bahn Mi Lettuce Wraps + Bowls: quick pickled carrots + radish, meat or fish protein options, sweet potato or grilled eggplant, lettuce, fresh mint and cilantro, Sriracha sweet+spicy chile sauce, cucumber salad and rice noodles
  - MEDITERRANEAN-INSPIRED CAPRESE STUFFED SWEET POTATOES OR SQUASH farro with tomato, mozzarella, Pecorino romano cheese - zoodles with fresh basil pesto- choice of chicken, steak, or fresh

## *Activities & Experiences*

This wellness retreat is designed to provide an extraordinary experience and we've planned a variety of activities to support your overall well-being. These experiences combined will help you move, learn, be mindful, relax and recharge. Read more below about each activity in more detail, including expert led workouts and workshops, yoga, massages and horseback riding.

### **Included Activities:**

#### **Fitness Classes**

Start the morning off with workouts led by your retreat host Ariel. Her signature workouts are a perfect addition to anyone's current fitness routine and will also give you a push to your next level of fitness. Set to heart-pumping music, the workouts are an ideal blend of blend of cardio, strength, tone, and flexibility. The focus is on proper movement patterns, functional stability, optimal strength, and power in all planes of motion. Most of all, the workouts are FUN, and will leave you feeling stronger and more energized for the rest of the day. All levels welcome

#### **Workshops**

##### **Nutrition : Break up with Sugar & Work with Your Hormones**

This workshop is designed to kickstart you into a new relationship with food, especially sugar. You will also learn exactly what is robbing you of your energy and how you can work with your hormones to find a nutrition and fitness practice that is balanced and aligned with achieving your optimal health goals. Through a couple of interactive exercises you will walk away with 2-3 tools you can implement into your everyday life that will catapult you to the next level of sustaining a healthy lifestyle. One that is aligned with your personal preferences and the optimal health of your dreams.

##### **Personal Values & Strengths**

This interactive personal values and strengths workshop is designed to help you identify and develop your unique core values and strengths in order to better understand your individual identity and purpose. Through thought-provoking activities, interesting discussions, and guided reflection, you will have the opportunity to uncover your unique values and strengths, and learn how to apply these to your professional and personal life. By the end of the workshop, you will walk away with greater self-awareness and more clarity on the steps you need to take to reach your goals.

##### **Purpose Mindset**

Our purpose-mindset workshop is designed to help attendees understand the importance of having a purpose-driven mindset. Through engaging activities and exercises, participants will develop their own purpose statement to incorporate into their strategic decision-making, leading to improved productivity, creativity, and collaboration. The workshop will also cover topics such as developing a mission and vision statement, and how to stay motivated and on track with long-term goals. Attendees will also have the opportunity to discuss and share their own experiences and successes. With this knowledge, leaders will be able to better lead their teams and businesses with a purpose-driven mindset, while living their truth both personally and professionally.

## **Yoga**

On the last day of our retreat, we will be led through a Vinyasa yoga practice. Vinyasa yoga is a series of postures, one flowing seamlessly into the next, uniting body, mind, and breath. Designed as a moving meditation, every Vinyasa class is unique, creating the opportunity to become stronger, more flexible, and balanced, while practicing being present to the moment. Yoga is a personal practice, and the experience you have in class is entirely up to you. There are no rules or guidelines that you must follow. All levels welcome.

## **Massages**

Included in your stay is one 60min massage. Massage therapy is an essential part of self care and an integral part of optimal wellness. This therapeutic massage session will be catered to your needs and can include general massage, deep tissue, Swedish, lymphatic drainage, etc. The appointment time will be assigned upon arrival, and you will be sure to enjoy this service as it is the ultimate luxury treatment for taking care of your body and reaching the pinnacle of relaxation.

## **Horse-Back Riding**

The Ojai Valley Trail Riding Company is located within Oso Ranch which is a fully operational horse establishment featuring trail rides along the Ventura River valley through some of the most beautiful horse country in California. Enjoy an adventurous trail ride through the incredible Ventura River Valley Preserve. This guided, one hour ride will take directly from our stables onto the picturesque and uninterrupted trails of the Ventura River Valley. You'll get to enjoy panoramic and breathtaking views of the preserve, mountain ranges, and wildlife all while horseback. This ride is suitable for all riding abilities.

## **Breathwork**

Breathwork supports you in creating an intimate, warm, and supportive relationship with yourself, and this session will be led by an expert breathwork facilitator. You learn to hold yourself through difficulty with groundedness and grace. You learn to hold yourself through triggers and activations with love and patience. You learn to speak to yourself with tenderness as you peel the layers of conditioning and programming that we collect in our childhood. You come home to you, again and again, with every breath.

# Retreat Itinerary

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All events listed below are included, except where noted otherwise. This schedule is a brief overview and is subject to change based on the service providers.

Thursday	Friday	Saturday	Sunday	Monday
	Fitness Class	Fitness Class	Yoga Class	Travel Home (not included)
	Chef-Prepared Breakfast	Chef-Prepared Breakfast	Chef-Prepared Breakfast	
	Wellness Workshop	Nutrition Workshop	Wellness Workshop	
	Chef-Prepared Lunch	Chef-Prepared Lunch	Chef-Prepared Lunch	
	Massages / Free Time	Massages / Free Time	Massages / Free Time	
Travel to Ojai (not included)	Breath Work Session	Horseback Riding	Guided Hike (optional)	
Arrive & Relax	Free Evening & Dinner of Choice (not included)	Free Evening & Dinner of Choice (not included)	Chef-Prepared Closing Dinner	
Chef-Prepared Welcome Dinner				

## Pricing & Payment Information

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### *Pricing*

**The total cost for this curated experience is \$6500.** This does not include travel fees (airfare and/or ground transportation to/from Ojai) and is subject to increase as we approach the Retreat. We have a couple different payment options outlined below to ensure .

**Pay in Full Option: \$6000**, a savings of \$500! To take advantage of this discount, pay in full up front when you reserve your space!

**Payment Plan Option:** We have limited space available and it will be first come, first served. To pre-register and reserve your space, a non-refundable **\$3500 deposit** is required by **April 15th**. The remaining amount will be invoiced on May 15th, 30 days prior to the retreat, as in accordance with the Payment Plan below:

Payment	Amount	Due Date	Notes
Initial Deposit	\$3500*	April 15th, 2023	We have limited space available (6 seats). To reserve your seat (first come, first served), an initial deposit is required)
2nd Payment	\$3000*	May 15th, 2023	The final payment will be required 30 days before the retreat.

\*For all credit card payments, a 3% charge for taxes and processing fees will be added at time of purchase.

## Pricing Comparison

We believe in transparency, and think you should feel AMAZING about the investment you're about to make for yourself. The following comparison chart outlines the pricing comparison if attendees were to autonomously book a stay at Ojai Valley Inn with the same or similar activities that are included in our Wellness Recharge Retreat.

Self Book	Wellness Recharge Retreat
\$8500	\$6500

The "Self Book" pricing is based on pricing at Ojai Valley Inn.

## Contact Information

We can't wait to host you! Below you'll find more information on your hosts, including contact information. Please don't hesitate to reach out with any questions at any time. See you soon!



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