



Definition of Wellness Immersion

A **Wellness Immersion** is an experience designed to create space to reconnect to one's sense of mental, emotional, physical, and spiritual wholeness. The experience involves a separation from routine life with the intention to invite a positive transformation. It inspires a commitment to conscious growth and provides us with the tools and motivation needed to fully integrate this transformational experience into our lives and sustain its benefits into our everyday being.

Three Types of Wellness Immersions

Medically Supervised Therapeutic Immersion

Purpose:

To treat targeted health issues under the guidance of medical staff, become more resilient, give up unhealthy habits, implement healthy habits in a sustainable way, focus on specific results.

Integrated Health and Wellness Immersion

Purpose:

To improve wellbeing on all levels (physical, emotional, mental, spiritual), de-stress, reconnect with life purpose, become whole again.

Dedicated Retreat Immersion

Purpose:

To restore, relax, revitalize, engage in a specific wellness practice, and / or learn something new.

