



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.

5 Key Elements of Wellness Immersions

| Intention | Setting | Program | Community | Outcomes |
|--|---|--|--|--|
| Where does the property and the guest find alignment in shared goals? | How does the setting create a safe space that enables the change process? | What does a wellness immersion look like, from intake to departure? | How does community support the wellness immersion? | What are the benefits of a wellness immersion? |
| <ul style="list-style-type: none">• Space and time to reconnect• An active and intentional exploration of the multi-dimensional aspects of wellness.• Participant's desired outcomes | <ul style="list-style-type: none">• Nurture the space and it nurtures the spirit within• Access to nature• Bringing the outdoors, indoors• Supportive and visually pleasing architectural design and surrounding• Energetic, esoteric, historical and culturally informed purposeful design• Sustainable design and management practices | <ul style="list-style-type: none">• Wellness immersion as a continuum• Evidence- based research• Personal guidance• Brand and audience alignment• Venue guidelines and policies• Post immersion follow up | <ul style="list-style-type: none">• Participants (or groups of participants) engage with staff members• Participants build community among each other• Participants and local community• Interpersonal connection• Sustainable practices that support the environment, and local community• Environmental stewardship | <ul style="list-style-type: none">• Cultivating presence and awareness• Improvement in knowledge of physical, mental, emotional, and spiritual health practices• Expansion of one's sense of self• Improvement in health objectively measured, through biomarkers• Sustainable behavior change |