

WELLNESS IMMERSION DEFINED

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 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.

FIVE ELEMENTS OF WELLNESS IMMERSIONS

INTENTION

Where does the property and the guest find alignment in shared goals?

- Space and time to reconnect
- An active and intentional exploration of the multidimensional aspects of wellness
- Participant's desired outcomes

SETTING

How does the setting create a safe space that enables the change process?

- Nurturing the space to nurture the spirit within // Access to nature // Bringing the outdoors, indoors
- Supportive, visually pleasing architectural design and surrounding
- Energetic, esoteric, historically and culturally informed, purposeful design
- Sustainable design and management practices

PROGRAM

What does a Wellness Immersion look like, from intake to departure?

- Wellness Immersion as continuum
- Evidence-based research
 - Personal guidance
- Post immersion follow up
 - Brand and audience alignment
 - Venue guidance and policies

CONNECTION

How does connection and a sense of community support the Wellness Immersion?

- Participants deepen their connection to Self and self-care
- Participants (or group of participants) engage with staff members
 - Participants build community among each other and may engage with local community

OUTCOME

How does connection and a sense of community support the Wellness Immersion?

- Cultivating presence and awareness
- Improvement in knowledge of physical, mental, emotional, and spiritual healing practices
- Expansion of one's sense of self
- Improvement in health, objectively measured through biomarkers
- Sustainable behavior change