

ANNUAL RETREAT



What is a Retreat?

A period of seclusion for the purposes of prayer and meditation.

A quiet or secluded place in which one can rest and relax

An act of moving back or withdrawing

Join us to retreat just outside Phoenix, Arizona for hiking, yoga, star gazing to rest, reset and rejuvenate. We'll balance inner work with being outside in nature. Bring a friend or come solo and meet new friends who are dedicated to their personal growth and taking important time 'out'.

| Day 1 Travel & Reset | Day 2 Reconnect | Day 3 Search & Find | Day 4 Reflect & Travel |
|-------------------------------|--------------------|--|---------------------------|
| Morning travel to destination | Sunrise yoga | Morning yoga | Morning activity |
| Afternoon check in | Breakfast | Breakfast | Seminar |
| Venue Welcome | Hiking | Search & Find (Examples | Brunch |
| Dinner | Outdoor Options | Scavenger hunt, nature walk, local shopping, silent hike, meditation) | Check Out |
| Retreat kickoff | Dinner | Dinner | Afternoon travel home |
| Yoga Reset | Seminar | Seminar | |
| | Gentle Yoga | Gentle yoga | |
| | Star gazing | campfire or movie | |



Retreat included for Horizon Coaching Package Clients

RESERVE YOUR SPOT



HERO Training Solutions Retreat

Cost

Rates range based on room assignment and single or double occupancy. Retreat cost includes lodging, yoga, retreat seminars, journal, breakfast, dinner & snacks.

Airport

Phoenix Sky Harbor International Airport

Venue

Select Airbnb resort venues in or near Phoenix, AZ with private meeting rooms and amenities.

Participants

HERO Training Solutions coaching clients and guests by referral or invite only. All participants must complete a retreat intake application and limited liability release form prior to arrival. Space is limited, minimum number of participants required to host. Deposit required to hold your spot.

Not included in the price

Ground transportation, lunch during day trips, alcohol, and additional activities you desire (spa treatments, golf, outdoor activities, personal shopping).



To sign up send an email to: info@herotrainingolutions