

# A CORPORATE RETREAT...

## THAT'S EVERYTHING BUT WORK.

### WHAT

Arrive at a dream destination of choice (mountain, desert, tropics) with your team where you will practice Yoga, bodywork, meditation, and nature-based activities for 3-5 days.

### WHY

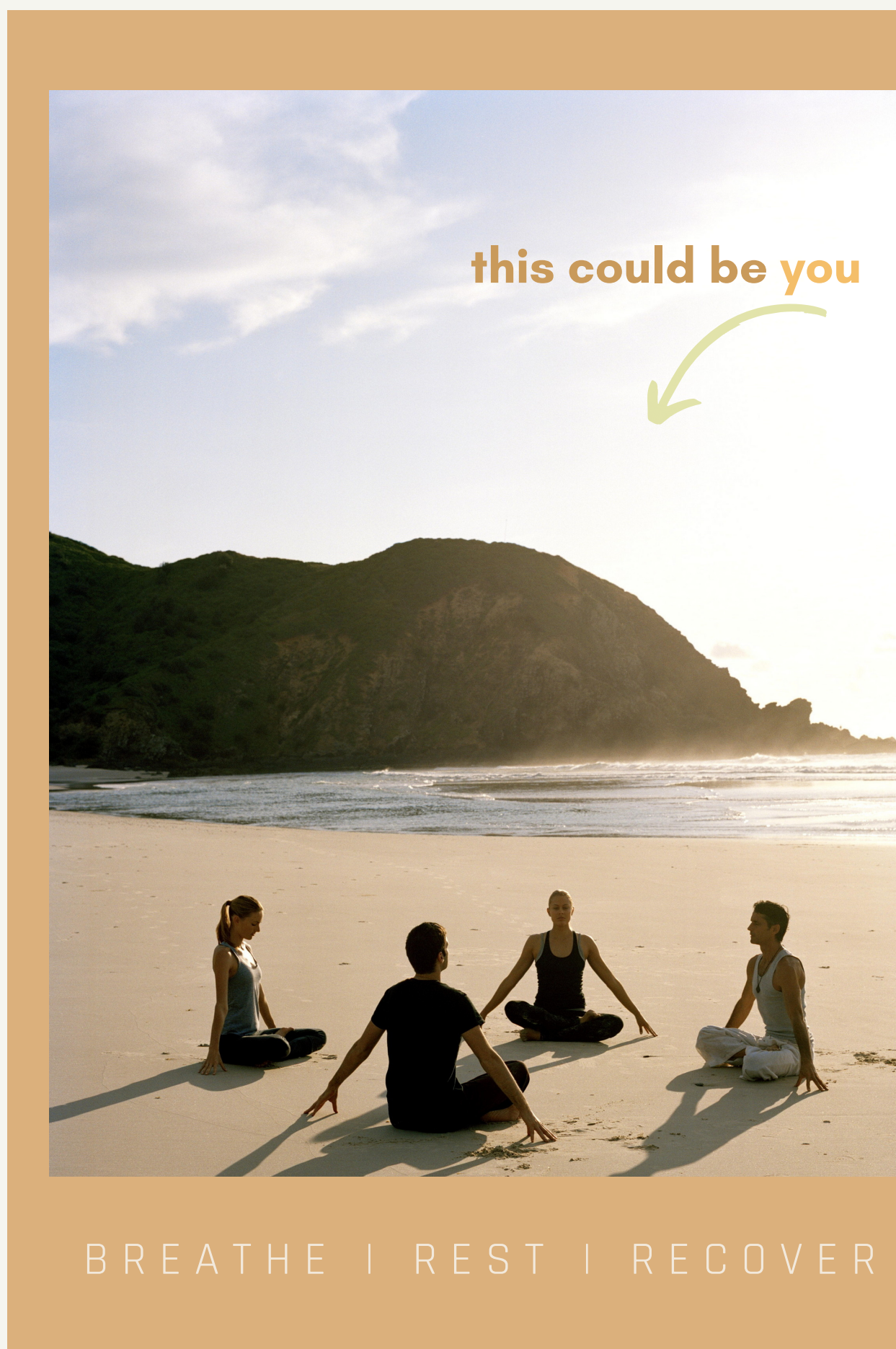
The chance to restore and relax at a wellness retreat where self-care becomes your only responsibility. This is a time to connect with your team through mindful practices.

### HOW

Rebecca becomes your travel guide, certified teacher + bodyworker alongside her experienced staff to provide a safe + supported retreat for the overall wellness for you + your professional team.



Laughter is the medicine! Bringing together some of Hollywood's best improv comedians for a Laughter Yoga Retreat to ignite the physical + emotional releases that comes from laughing out loud. This powerful practice is a gateway for more JOY and levity in our lives.



this could be you

BREATHE | REST | RECOVER



## ABOUT BECCA

**Rebecca Niamtu** (ERYT, CMT) is an LA-based Yoga teacher and founder of Yoga for the Planet school. Her teachings foster self-discovery and personal awareness while her years spent as a licensed massage therapist means she has a deep knowledge of the physical body.

She takes an intuitive approach to bodywork allowing her to guide and treat clients with the utmost care for results that must be felt to be believed. Becca has led trainings and workshops all around the world, from Europe to Costa Rica, where she cultivates positivity, lightheartedness, and self-empowerment.

She can't wait to work with you + your team!

Contact Rebecca:

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