



# ACTIVE OUTDOOR RETREATS



WWW.THEBIZFITNESS.COM  
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## 2023 DESTINATIONS



### Sedona

### Lake Powell

### Riviera Maya

A one day retreat offers a morning of activity and movement in the breathtaking red rocks and stunning landscapes of Sedona. Soaking in the energy of the region while participating in outdoor exercise, you'll be rewarded afterwards with tasty food and drink.

#### Features:

- Guided morning hike (up to 2 hours)
- 1-hour outdoor restorative yoga
- Lunch from a local restaurant
- Brewery visit and beer tasting
- Private retreat house to relax in

Three days and three nights of blue skies, expansive views, activity and adventure will be yours to experience at Majestic Lake Powell. Each day will feature energizing workouts, mindful yoga and exquisite catered meals.

#### Features:

- Multiple yoga classes
- Paddleboard excursions (boards provided)
- Hiking excursion
- Custom menus with a private chef
- Private retreat house and accommodations

Guests can expect a balance of outdoor activity, exploration and luxury. Each morning begins with an invigorating workout at sunrise. Traveling alongside like-minded women, your positive energies create a fabulous group dynamic.

#### Features:

- Archeological ruins
- Cliff jumping in cenotes (fresh water wells)
- Deep tissue massage
- SUP in the Caribbean Sea
- In-house chef and local cuisine
- Large, private and clean rooms
- 5 nights in paradise

APRIL 1, 2023  
OCTOBER 1, 2023

APRIL 21 - 24, 2023  
AUGUST 25 - 28, 2023

OCTOBER 23- 28, 2023  
\*flight not included