

DECEMBER 8-12



GRATITUDE BASED
LUXURY GOLF AND YOGA RETREAT IN
SARASOTA, FLORIDA

DISCOVER THE ULTIMATE GOLF AND YOGA EXPERIENCE

Welcome to a transformative journey where the art of golf meets the serenity of yoga. Nestled just south of Tampa on Florida's vibrant west coast, Sarasota offers a retreat like no other, blending world-class golf and rejuvenating yoga sessions to create a perfect wellness getaway. Whether you're a golf enthusiast, a yoga lover, or someone looking to enhance your well-being, this retreat is designed just for you.

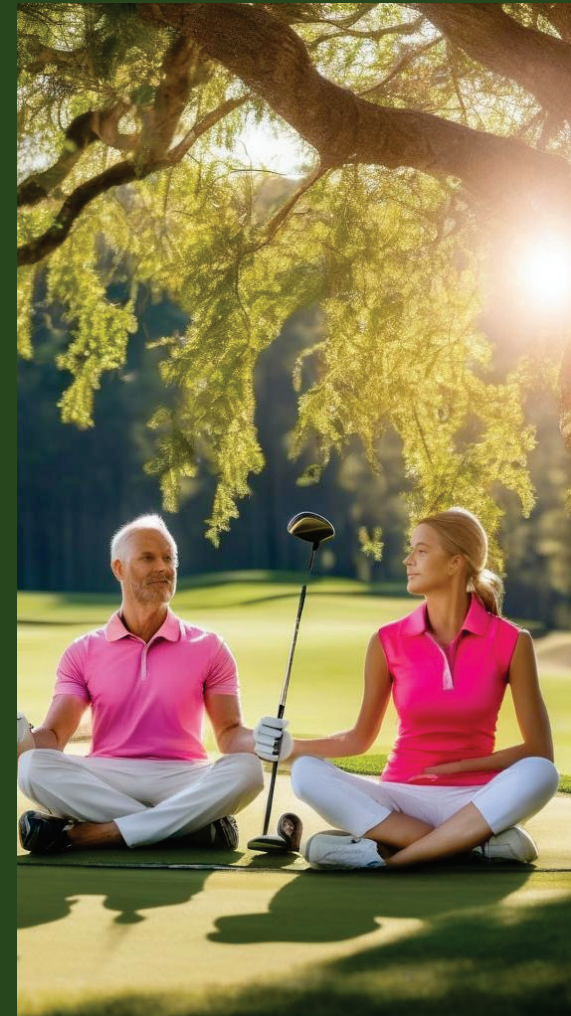
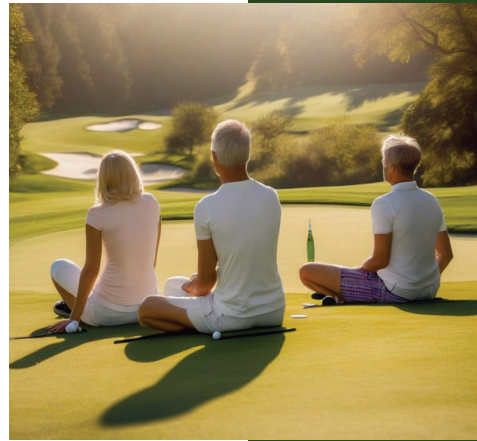
KEY FEATURES AND BENEFITS

WORLD-CLASS GOLF

TRANSFORMATIVE YOGA RETREAT

INTEGRATED WELLNESS EXPERIENCE

COMPREHENSIVE CONCIERGE SERVICES





WHAT WE ARE OFFERING

RETREAT AGENDA

- 4 Nights/5 Days
- 4 rounds of Golf/5 Yoga Classes
- All Ground Transportation, Airport Transfers and Daily Activities
- Lodging with 2 Distinct Price Points





OVERVIEW

Day 1 marks the arrival of guests and sets the tone for the retreat with a peaceful, welcoming yoga session by the waterfront. This session is designed to help you unwind after travel and connect with the serene surroundings. You will also have the chance to meet fellow guests at an optional soiree, making the first connections that will grow throughout the retreat.

ITINERARY

SUNDAY- ARRIVAL DAY

Sunday-Arrivals and Check in

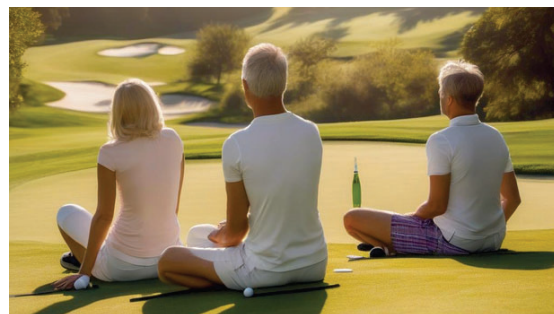
5 pm

Waterfront Yoga and Arrival Ceremony

6-7 pm

Optional Soiree with Other Retreat Guests

DECEMBER 8





OVERVIEW

On Day 2, you'll ease into the retreat's rhythm with a refreshing yoga session in the morning. This will be followed by an afternoon of golf at the renowned Ritz Carlton Members Golf Club. The combination of yoga and golf will help you build mental focus and physical strength, setting a foundation for the rest of the retreat.

MONDAY

8 am

Morning Easy Flow

11 am

SUV and Shuttle Departures to Ritz Carlton Members Golf Club

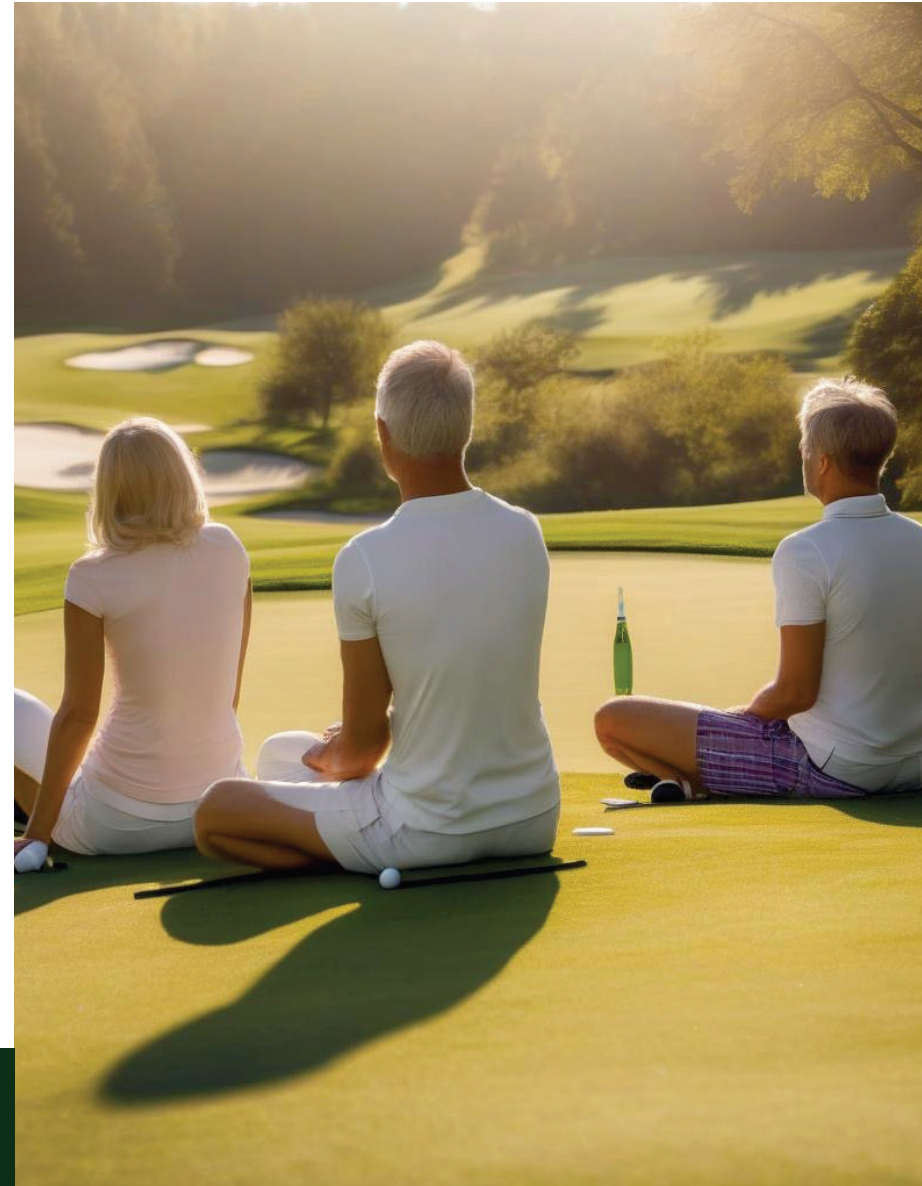
12 pm

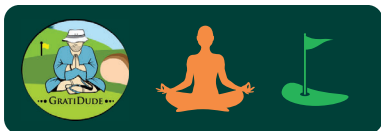
Tee Times

5:30

Optional Shuttle/SUV to Hotel

DECEMBER 09





OVERVIEW

Day 3 integrates mindfulness with your golf game. The morning will start with a guided meditation session designed to sharpen your mental focus, followed by a yoga class to further align your body and mind. This day also features a personalized short game clinic led by a golf expert, allowing you to apply mental techniques from yoga and meditation directly to your game.

TUESDAY

8 AM

Morning Guided Meditation and Facilitated Stretching

9AM

Slow Flow Yoga

11 AM

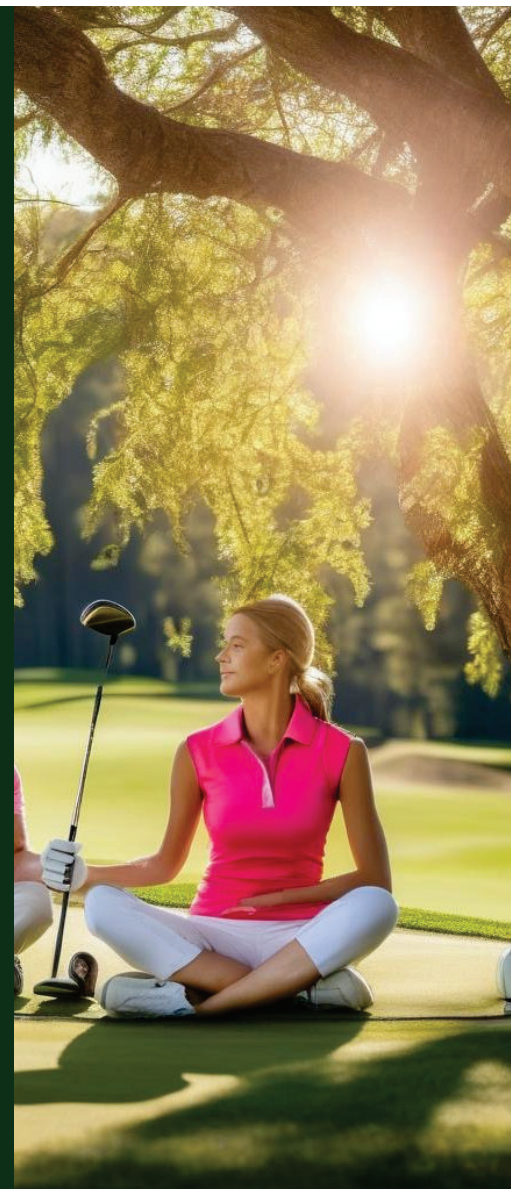
SUV and Shuttle Departures to Ritz Carlton Members Golf Club

12:30 PM

Tee Times

5:30

Optional Shuttle/SUV to Hotel



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OVERVIEW

Day 4 offers an exciting mix of yoga, golf, and expert guidance. A visualization session in the morning will help improve your mental game, followed by a dynamic yoga session for strength building. You'll then attend a short game clinic led by Leo Herrera III, followed by a presentation by Dr. Tracy Gapin on men's health and performance optimization.

WEDNESDAY

8 AM

Morning Guided Visualization for Golf

9 AM

Sculpt and Stretch

11 AM

UV and Shuttle Departures to Ritz Carlton Members Golf Club

12-12:30PM

Short Game Clinic with **Leo Herrera III** aka "The Connected Golfer"

12:30 PM

Tee Times

5:30PM

Optional Shuttle/SUV to Hotel



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OVERVIEW

The retreat comes to a close with a peaceful Tai Chi session in the morning, followed by one last round of golf before departures. The final day offers a chance to reflect on your experience, carry forward the lessons learned, and enjoy the final moments of this transformative retreat.

THURSDAY

8 AM

Morning Guided Hypnosis for Calm and Tranquility

9 AM

Bikram 26 with Flow

11 AM

SUV and Shuttle Departures to Ritz Carlton Members Golf Club

12-12:30PM

Dr. Tracy Gapin of the Gapin Institute presenting on "How To Play the Back 9": Modern Tools and Technology to help Men with their Oldest Desires

12:30 PM

Tee Times

5:30PM

Optional Shuttle/SUV to Hotel

DECEMBER 12 DEPARTURE



RITZ CARLTON MEMBERS GOLF CLUB - TOM FAZIO- DESIGNED COURSE

The course, designed by the legendary Tom Fazio, spans over 300 acres. Nearly 2 million cubic yards of earth were moved to create dramatic elevation changes, shaping the course from a formerly flat parcel of land. As Fazio said, "All the ingredients are here to make this a great golf course... to create that want-to-come-back feeling when you can't wait to tee it up and play again."

This course is not only one of Fazio's best creations but has also won numerous awards, including environmental recognition as a Certified Audubon Cooperative Sanctuary for its excellence in maintaining a natural balance. The course offers a world-class experience for golfers of all levels.



LAKESWOOD RANCH COUNTRY CLUB - COURSE FEATURES

From the tips, the Lakewood Ranch Country Club course can stretch to over 7,400 yards. With six tees to choose from, the course remains welcoming for high-handicap golfers, while providing enough challenge for seasoned players.

The course is known for its strategic water hazards, featuring 16 lakes and the Braden River, adding complexity to the course, particularly around the 14th hole and beyond. Players will need to carefully navigate these hazards as they finish their round, making this one of the more challenging stretches of holes in the area.



BIOGRAPHY OF GRATEFUL 4 RETREAT HOST PARTNERS

LEO AND MASSIEL HERRERA

Leo Herrera III, also known as “The Connected Golfer,” is a professional golf coach with a deep focus on integrating mindfulness into the sport. His wife, **Massiel**, is a wellness advocate who specializes in helping people find balance through yoga and physical activity. Together, they offer a holistic approach to golf and well-being.

CHRISTINA - THE CORPORATE YOGI

Christina is an expert in corporate wellness and yoga. She brings years of experience in helping professionals de-stress and focus through the power of mindfulness. Her sessions at the retreat will focus on building mental clarity and reducing stress.

GAPIN HEALTH INSTITUTE – DR. TRACY GAPIN

Dr. Tracy Gapin is a renowned expert in men’s health and optimization. He will be offering a special private consultation to retreat participants, focusing on modern tools and technology that can help men enhance their performance both on and off the golf course.





THE RITZ-CARLTON

RITZ CARLTON SPA AND CONCIERGE SERVICES

SPA AT RITZ CARLTON

Rejuvenate your mind and body with world-class spa treatments designed for relaxation and recovery. Enjoy a range of services, from massages to specialized therapies, that complement the wellness focus of the retreat.

CONCIERGE SERVICES

The Ritz Carlton Concierge team is available to assist with any special requests, ensuring that every aspect of your stay is luxurious and hassle-free.



PRICING

\$6,300 SOLO OCCUPANCY

All proceeds support Youth Education in Mental Health and Wellness, as well as Financial Literacy. All contributions are tax deductible.

\$7,900 COUPLES

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GRATEFUL 4 - PHILANTHROPY

Philanthropy and Gratitude:

A collective of entities to cast the widest net possible.

Our collective of affiliate nonprofits all under one common 501c3 umbrella. All Grateful4 Chapters and affiliates, e.g. Grateful 4 Golf, Grateful 4 Hoops, Grateful 4 Tennis, Grateful 4 Yoga, etc., are all tied back to the ethos of introducing young people and adults to positive mental health practices that leverage neuroscience, while introducing kids to new sports activities, job and career opportunities, and a practice of gratitude to hold it all together.

It started with Grateful 4 Golf, the first spoke in the wheel of the Grateful Four organization. The Grateful for Golf project is active in Florida and Canada, specifically Ontario, working with adults and introducing youth cohorts to a daily practice of gratitude, along with financial literacy and career opportunities in the golf industry.

Our philanthropy model has no overhead and directly supports youth leadership through grants provided to coaches, teachers, community leaders, volunteers, and other dedicated individuals working on the front lines to improve the quality of life for kids and our society as a whole.

[Learn More](#)



GRATEFUL FOR GOLF, INC.

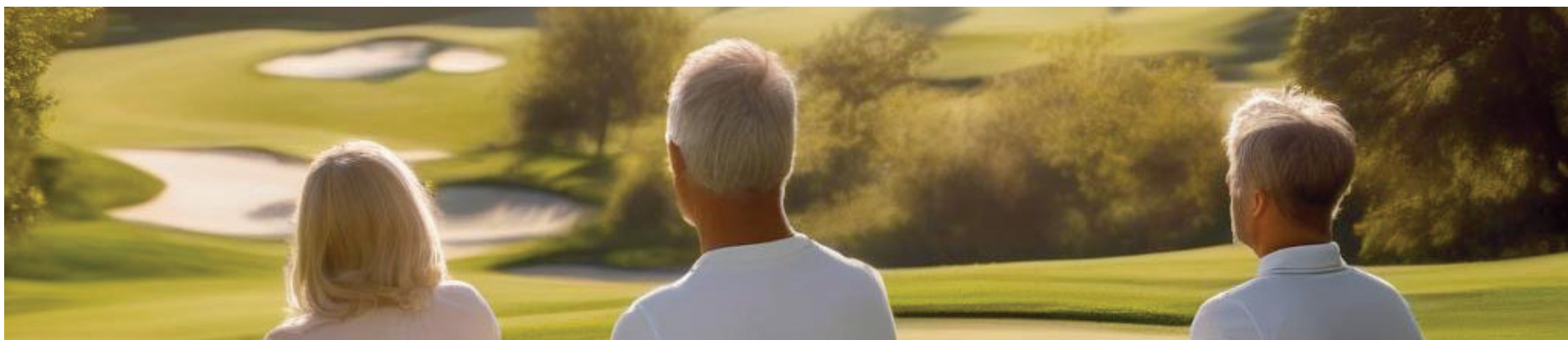
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BANKING DETAILS:

PNC BANK - THE GRATEFUL 4 MOVEMENT

ROUTING: 267084199

ACCOUNT NUMBER: 1251485975



THANK YOU

WWW.GOLFYOGAHOLIDAY.COM

WWW.GRATEFUL4.ORG

