

## Breathe Long Beach: A Curated Retreat Experience

*Hosted at The Cove Hotel, Wrigley – Long Beach, CA*

*May 1–3*

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### Overview

Breathe Long Beach is a thoughtfully designed, three-day retreat experience hosted at The Cove Hotel in Wrigley, Long Beach.

Rooted in intentional movement, nourishing food, restorative experiences, and meaningful connection, this retreat offers guests the opportunity to slow down, reset, and reconnect — without rigid structure or pressure.

Retreat tickets include access to the full retreat experience but do not include overnight accommodations, which may be added separately.

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### How the Retreat Flows

Guests will receive a beautifully designed Retreat Guidebook outlining the full schedule of offerings, allowing each guest to participate in a self-guided retreat flow at their own pace.

After shared opening and closing moments, guests are invited to explore scheduled experiences that resonate most, creating a personalized and intentional retreat journey.

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### Weekend Experience

Friday | May 1

#### Optional Welcome Mixer

Guests may arrive Friday evening and join a relaxed welcome mixer open to all retreat attendees.

The evening includes complimentary elevated hors d'oeuvres and a signature non-alcoholic botanical spritz, offering a refined yet welcoming way to connect and ease into the weekend.

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Saturday | May 2 — Full Retreat Day

Retreat Check-In: 6:00 AM – 8:00 AM

Guests are welcomed with light morning nourishment, including:

- Freshly brewed coffee and tea
- Smoothies and beverages
- Protein-rich breakfast bites

Opening Collective Session 8:15 AM

The day begins together with a grounding yoga and sound experience designed to gently awaken the body and set the tone for the retreat.

Self-Guided Retreat Flow 9:00

Following the opening session, the retreat transitions into a thoughtfully designed, self-guided flow. Guests may explore scheduled offerings throughout the day, including:

- Yoga and movement sessions
- Group Breathe work Sessions
- Guided conversations and reflective experiences
- Sound Bath
- Guided Meditation
- Speaker-led conversations focused on mental well-being, balance, and intentional living

*Optional enhancement services will be available for booking closer to the event. Participation is entirely at each guest's discretion.*

Seasonal Lunch Experience

Each guest will receive a curated seasonal lunch box, featuring a hearty sandwich *or* composed salad, fresh fruit, a wholesome snack, and sparkling water.

*All selections are thoughtfully prepared using seasonal, organic ingredients whenever possible. Dietary preferences, including vegan options, are available upon request.*

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Sunday | May 3

### Closing Morning Yoga

A gentle goodbye movement session to close the weekend.

### Elevated Sunday Brunch (*included with select ticket*)

A thoughtfully prepared brunch featuring selections such as quiche and seasonal salads, eggs benedict, avocado toast, nourishing grain or granola bowls with yogurt, and fresh fruit.

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### Welcome Bag Experience

Every guest will receive a curated Welcome Bag, thoughtfully assembled to support the retreat experience and serve as a lasting keepsake.

Each bag includes:

- A branded keepsake water bottle
  - A branded journal for reflection and note-taking throughout the retreat (and beyond)
  - The Retreat Guidebook
  - Comfort eye masks for sound bath experiences
  - Face masks and self-care essentials
  - Curated items and gifts from participating local business sponsors
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### Retreat Ticket Options

*Both retreat ticket options do not include overnight accommodations.*

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### The Retreat Experience — \$249

A complete retreat experience without overnight accommodations.

Includes:

- Full-day retreat access on Saturday
- Retreat Guidebook
- Curated Welcome Bag with branded keepsakes
- Access to the Friday Night Welcome Mixer with elevated hors d'oeuvres and a non-alcoholic

botanical spritz

- Seasonal curated lunch box on Saturday
  - Sunday Morning Yoga
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The Elevated Retreat Experience — \$399

An enhanced retreat experience with additional restorative offerings.

Includes everything in The Retreat Experience, plus:

- Group Floating Sound Bath
  - One complimentary 50-minute cabana massage
  - Elevated Sunday Brunch
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Optional Hotel Stay Packages

*Available as an add-on to any retreat ticket*

All hotel stays include:

- Two-night stay at The Cove Hotel (Friday–Sunday)
- Retreat Essential Overnight Bag filled with curated gifts
- Complimentary dinner voucher(s) from a participating local restaurant

Single Occupancy Hotel Package — \$440

- One King
- Two-night stay for one guest
- One complimentary entrée from a participating local restaurant
- One complimentary parking pass

Double Occupancy Hotel Package — \$660

- Two Queen beds
- Two-night stay for two guests
- Two complimentary entrées at a participating local restaurant

- two complimentary parking passes
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### Who This Retreat Is For

- Those seeking a modern, thoughtfully curated retreat
  - Guests craving rest, balance, and inspiration
  - Professionals, creatives, and community-minded individuals
  - Solo attendees or friends attending together
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### Reserve Your Place

Space is intentionally limited to preserve an intimate, high-quality experience.

Join us at Breathe Long Beach and enjoy a retreat experience designed to meet you exactly where you are.

### Eventbrite FAQs

#### *Dietary Needs*

We are happy to accommodate dietary preferences and restrictions, including vegetarian, vegan, gluten-free, and allergy-aware requests. Dietary selections will be collected prior to the event to ensure thoughtful preparation.

#### *Add-On Services & Enhancements*

Massage therapy and esthetic services (facials) are available as optional paid enhancements during the self-guided retreat flow. These services are not included in the retreat ticket price and will be available for advance booking closer to the event. Participation is entirely optional.

#### *What to Bring*

We recommend comfortable clothing suitable for movement, a light layer, and a reusable tote if desired. Yoga mats and general retreat supplies will be available. Guests will receive a curated Welcome Bag upon check-in.

#### *Hotel Accommodations*

Overnight accommodations are not included with retreat tickets and may be purchased separately as a Hotel Stay Add-On. Hotel guests receive additional benefits outlined in the Hotel Packages section.

*Refund & Transfer Policy*

All sales are final. Tickets may be transferred to another guest with advance notice.

*Day Parking & Overnight Parking at the Cove Hotel*

Overnight guests receive

*Welcome Bag items, Essential Bag contents, menus, and ingredients are subject to change based on seasonal availability and sourcing.*