



5-Day Luxury Core Stability & Wellness Retreat

REWIRE YOUR BODY, REBUILD YOUR CORE, RECLAIM YOUR ENERGY

DAY 1	ARRIVE & ALIGN
Afternoon Arrival	Retreat orientation & "Why You're Here" circle
	Light mobility session with ball (seated): posture reset + grounding breath
	Set personal intentions
Evening Ball Session (1 hr)	Intro Flow: Posture, Core Awareness & Breath
	Group ball meditation & unwinding stretch
DAY 2	RESET THE BODY, REWIRE THE MIND
Morning Ball Session (1 hr)	<div>Stability & Foundation<ul style="list-style-type: none">Core activation, balance drills, slow reactive movementMindful presence work while balancing on the ball</div>
Afternoon Workshop	<div>Mind-Body Reset: Tools to Calm the Nervous System<ul style="list-style-type: none">Techniques to manage stress, improve focus, and rewire patternsGuided journaling + reflection</div>
Evening Ball Session (1 hr)	<div>Stretch & Balance Flow<ul style="list-style-type: none">Deep release for hips, spine, shouldersGuided meditation: "Returning to Center"</div>
DAY 3	IGNITE STRENGTH & PRESENCE
Morning Ball Session (1 hr)	<div>Advanced Core Drills<ul style="list-style-type: none">Stability ball challenges and partner fun, dynamic core controlBuild resilience through precision</div>
Afternoon Workshop	<div>Nutrition for Core Vitality & Energy Mastery<ul style="list-style-type: none">Anti-inflammatory eating, stable energy, core-supportive mealsIndividual Q&A and application support</div>
Evening Ball Session (1 hr)	<div>Core Confidence Flow<ul style="list-style-type: none">Movement + mental strengthStretch into power poses & visualization for posture and presence</div>
DAY 4	EMBODY MOVEMENT, ELEVATE YOURSELF
Morning Ball Session (1 hr)	<div>Functional Core Flow<ul style="list-style-type: none">Transferring balance, posture, and control into daily movementGrounding strength into your walk, breath, and presence</div>
Late Morning Workshop	<div>Presence & Integration<ul style="list-style-type: none">Coaching circle on how to apply your new posture & mindset at homeDesign your own 10-15 min daily practice</div>
Afternoon Integration	private coaching spots
	Optional 1:1 consult or photo shoot session
Evening Ball Session (1 hr)	<div>Evening Meditation & Restoration<ul style="list-style-type: none">Music, soft lighting, and restorative breath-led movementReflective circle: gratitude, insight sharing</div>
DAY 5	ANCHOR & TRANSITION
Morning Ball Session (1 hr)	<div>Empowered Flow<ul style="list-style-type: none">Partnered ball drills for fun, flow, and functional controlPosture into motion: walking tall, speaking clear, grounded living</div>
Late Morning Session	<div>Lifestyle Blueprint Workshop<ul style="list-style-type: none">Final Q&A, habit-building tools, and daily core ritual planningPersonalized goal cards & accountability system</div>
	Closing words & optional photo circle