

SOMA PEAK-TO-PIER RETREAT.

*Recommended 3-day/2-night minimum stay
SOMA Succinct Stay*

The **SOMA PEAK-TO-PIER RETREAT** package is personally created to enhance your physical performance and expand your mind and fitness goals. Whether you're a novice or experienced adventurer, your peak performance is achieved alongside our team of doctors, physiologists, nutritionists, and trainers. Each day you are supported by the SOMA team charging Santa Barbara's highest mountain peaks all the way to its pristine Pacific Ocean via biking, hiking, running, swimming, kayaking, paddling, as well as integrating pilates, yoga and meditation training. After each day's activities relax into your massage and pleasure in organic, homemade, soothing skin care treatments, as well as one-on-one life coaching to create your goals and achievement action plan for your life and body!

SOMA PEAK-TO-PIER RETREAT includes SOMA GET FIT's mind, body and spirit integration method and personal retreat concierge, consultation, and coaching in an eco-conscious environment, plus:

Customized SOMA Nutrition, Fitness Plan, and Training
Butterfly Beach Chumash Challenge
Romero Canyon Warrior Hike
Local Santa Barbara Farmers Market Foray
Lunch & State Street Shopping
Leadbetter Stand-up Paddle Surfing
Solace Sailing/ Special "K" Kayaking
Mission Rose Garden Hip-Hop/ Hatha Yoga
Sunken Garden Pilates
Alice Keck Nature Mobility Circuit
Inflict Strength Studio Training
Vedanta Temple Meditation
Facial & Body Treatments using all-natural Chivas Skin Care
Organic Dinner/Personalized Chef
Bodywork (Swedish/ Deep Tissue /Visceral Manipulation/ Aromatherapy)
SOMA Get Fit Organic, Green and Reusable gift bags
Quantifiable Health and Wellness Results

Your Choice additional Retreat options:

Comprehensive Initial Assessment with Registered Dietitian
State Street Spinning Cruise
Beachside Horseback Riding
Wine Tasting
Leadbetter Stand-up Paddle Surfing
Personal Cooking Demo

* All pricing subject to change based on guest's final itinerary activities, number of participants, length of retreat, and/or any additional services requested to our SOMA concierge.
** Transportation to all SOMA Get Fit activities is included; most via hybrid transportation or by bike.
*** Hotel/Lodging is not included, but referrals are suggested via our SOMA concierge for your personal taste, comfort and budget.
**** Food during your SOMA GET FIT retreat is provided and either prepared by our personal chef working with you
***** SOMA GET FIT prides itself on making eco-conscious choices and use of local, green, reusable, organic and natural materials. SOMA GET FIT in addition, for each participating retreat guest, donates in your name trees from **Trees for the Future**: an organization that helps communities around the world plant trees through seed distribution, agroforestry training, and empowering rural groups to restore tree cover to their lands. Planting trees protects the environment and helps to preserve traditional livelihoods and cultures for generations, as well as provides a sustaining healthy environment for SOMA GET FIT to continue brining you health in the outdoors during your retreat!