

SOMA PRESS TO IMPRESS RETREAT. EDITORS PACKAGE

*Recommended 2-day/1 night minimum stay
SOMA Succinct Stay*

Want to experience and share with the press what SOMA GET FIT and our team are all about? Join us for a taste of our SOMA retreats on our **SOMA PRESS TO IMPRESS RETREAT** where work, play, health, outdoor fitness and adventure unite in harmony with our eco-conscious business ethics and highly knowledgeable team. *This package is only available for Press Editors and like-participants to deepen their research and media connections for and with SOMA GET FIT.*

SOMA PRESS TO IMPRESS 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
State Street Cycling Cruise
Pacific Beach Training Challenge
Romero Canyon Warrior Hike
Local Santa Barbara Farmers Market Foray
Organic Picnic Lunch
Leadbetter Stand-up Paddle Surfing
Special "K" Kayaking
Mission Rose Garden Hatha/Restorative Yoga
Sunken Garden Pilates
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

* 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!