

# SOMA SOLACE RETREAT.

*Recommended 3-day/2-night minimum stay*

*SOMA Succinct Stay*

The **SOMA SOLACE RETREAT** package is designed to insightfully identify your personal health, fitness, life goals and dreams to find solace in your long term well being. With the SOMA team creatively build and experience your dreams towards self-sustainability in your strength, endurance and power. Designed to combine physical fitness movement with fun and foray around one of nature's most beautiful destinations. Give yourself the chance to dream, be wild and free as you enjoy horseback riding into the sunset, stand-up paddle boarding above the kelp forests or sunset yoga. Our surefire customized nutrition program is formulated to maximize your results in the least amount of time and to jump start healthy eating for continued progress after your retreat. After each day's activities relax into your massage and pleasure in organic, homemade, soothing skin care treatments.

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

Customized SOMA Nutrition, Fitness Plan, and Training  
Romero Canyon Warrior Hike  
Local Santa Barbara Farmers Market Foray  
Lunch & State Street Shopping  
Solace Sailing/ 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  
Personal Cooking Demo  
Wine Tasting  
Bodywork (Swedish/ Deep Tissue /Visceral Manipulation/ Aromatherapy)  
SOMA Get Fit Organic, Green and Reusable gift bags  
Quantifiable Health and Wellness Results

**Your Choice Retreat additional options:**

Comprehensive Initial Assessment with Registered Dietitian  
Pacific Beach Training Challenge  
State Street Cycling Cruise  
Beachside Horseback Riding  
Leadbetter Stand-up Paddle Surfing

\* 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!