



**COMPLETE** TRANSFORMATION  
RETRIEVE RETREATS GROUP TRAINING  
**RETREATS**

**COMPLETE TRANSFORMATION  
MIND & BODY RESET RETREAT  
7 NIGHT TOTAL TRANSFORMATION  
LANZAROTE - CANARY ISLANDS**





***CALLING OUT TO ALL: STRESSED BUSINESS OWNERS, BUSY MUMS, ANXIOUS EMPLOYEES, OVERWEIGHT DADS, SINGLE PARENTS, THE LIST GOES ON.***

We help people burst their bubble & reclaim their health and life where it is hard to make changes.

When you are stuck in the middle of things, it's hard to get clarity right? Taking a birds eye view away from your environment to understand your issues, and why you have them is the first step to making everlasting changes

Imagine coming home from a week in the sun staying in a luxury villa with a clear picture of where you would like to take your life in terms of your career, your relationships and most importantly your health. You also take away specific action steps on how you are going to achieve those changes. After all, if you don't have your health, the first two are irrelevant right?







Whilst our guests work hard on our workouts, we - work hard on their mindset, & we make it one of the most enjoyable experiences of your life through fun, laughter and activities that you will love.

From Relationships, to Nutrition, Fitness levels, Stress, Resetting yourself, Fat loss, Pain management, Health issues, Kick starting your life again and much more. There is no stone left unturned and you will discover a deeper power within then you ever realized was possible!

*“The balance of reflection/relaxation and education is just perfect.”*





*THE MOST IMPORTANT  
INVESTMENT YOU CAN MAKE  
IS IN YOURSELF*







## ***TOURS & TRIPS!***

- From kayaking to the golden sandy beaches of Papagayo near Playa Blanca,
- To Stand Up Paddle Board off the crystal clear coastal waters of Porta Del Carmen,
- Volcano Trek To Volcan El Curevo, visit to Teguisse and a stunning cliff walk,
- and our newest luxury boat charter excursion has been the biggest hit.



## ***MOTIVATE & EXCELLERATE***

### **Complete Nutrition System™**

Your results are not just made in the gym. It's on your plate. Nourishment is our highest value & we feed and teach you how to continue living this way long after your stay.

### **Complete Morning Rituals™**

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Learn how to start the day the right way every day through our breathing and journaling techniques & prepare for success.

### **Complete Goal Focus™**

We show you how to set goals the right way, through a deeper understanding of your “Why” so it aligns with our personality and values.

### **Complete Stress Solution™**

Understand stress better so we can pre-empt and avoid it and why there is good and bad stresses.

### **Complete Life Work Balance™**

How to live a more fulfilled life through balancing your 4 pillars of life.

### **Complete Mindset Matrix™**

Before you can change your mindset, it's important to understand how the brain works and the process of change, a fascinating look at how it works in simple terms, to make change within your grasp and a simple process







## ***DAILY ITINERARY EXAMPLE***

7am	Wake Up To Yoga At Dawn
8am	Breakfast by the pool
9am	Excursion - Boat charter / Volcano visit / Cliff walk / Kayak
1pm	Lunch At the villa or out and about
2pm	Massage or Chill
4pm	Micro Bootcamp class
6pm	Dinner by pool
8pm	Life coaching modules / Workshop
9pm	Free time / Bed





***RESET, KICK START, NOURISH  
& START LIVING AGAIN***





## ***INCLUSIONS***

We will be covering everything you need to completely transform your body, mind and energy during our 7 day Island Escape.

- 7 nights accommodation in private luxury villa
- All inclusive nourishing food, drinks (non alcohol), tea & coffee.
- Life coaching modules & sessions listed above
- Fitness & Yoga classes (twice daily)
- Gym classes & equipment
- Guided adventures - Volcano visit, cliff walk, kayak, paddle board.
- Boat charter trip
- Internal transport & Airport transfers
- Friendship, conversations, community.

*Exclusions: Flights, travel insurance, alcohol, spending money*







## ***VENUE FEATURES***

- 9 bedrooms / 9 bathrooms
- Heated swimming pool
- Panoramic sea views
- Putting green/ landscaped terrace
- Hot tub/Jacuzzi
- Multiple lounge, kitchen, TV rooms











## ***INVESTMENT INTO YOURSELF & HEALTHY HOLIDAY***

Twin share - €2,000

Private - €2,500

Lux private - €3,000

Coach Damian will be there to meet, greet and collect you from Lanzarote airport and bring you the short 10 minute journey to our villa ~ El Palacete.

***BOOK MY RETREAT  
DISCOVERY CALL NOW***







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