

COMPLETE^{PT}

NUTRITION

RETREATS

GROUP TRAINING

MINDSET

Complete Mind & Body Retreat FAQ

Who's It For,
What Do We Do?
Why Do WE Do It?

Stressed business owners, busy mums, anxious employees, over weight dads, single parents, the list goes on.

This is what makes up our membership base at Complete Personal Training our south Dublin base. While we can make positive changes with our current clients in our gym environment, the magic happens when we can immerse them in an environment where we can most effectively illicit change. That is where our retreat concept was born.

We help people step out of their bubble 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 and understanding your issues, and why you have them is the first step to making positive changes.

Sometimes when you feel a little overwhelmed, or a little rudderless, this can cause you to worry and to stress. 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, 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.

We take you kayaking to the golden sandy beaches of Papagayo near Playa Blanca, We Stand Up Paddle Board off the crystal clear coastal waters of Porta Del Carmen, We Volcano Trek To Volcan El Curevo, A local market visit to Teguse and a stunning cliff walk from porta Calero to Porta Del Carmen and our newest boat charter excursion has been the biggest hit.

The most common questions I get asked by retreat enquiries is

What's the age group?

Primarily, our guests are aged between 40-60, with a ratio of 75% - 25% female to male. We have had slightly younger and slightly older, but our core guest age group is as above.

Will I be able to keep up in the classes?

With 20 years' experience in the industry, I take our Complete Afterburn Classes™. We cater for all fitness levels, from beginners to advanced, and I'm there holding your hand and managing your training load for the week. I know what I'm doing. 9

COMPLETE^{PT}

NUTRITION

RETREATS

GROUP TRAINING

MINDSET

How many people go?

We have a capacity of 10, bearing in mind our Complete Mind and Body Retreat Villa sleeps 20. Including out 4 "staff", that leaves plenty of space for our guests to disappear onto a hanging chair on a balcony, blend into a hammock in the palm tree filled garden, chill in silence on a sun bed away from it all, or have the chats over by the heated pool.

What do you do on retreat?

We offer a holistic retreat like no other. Some offer yoga, some offer fitness, some offer weight loss, some offer cooking demos, some offer mindset help, some offer stress relief. We provide the whole spiritual, mental and physical approach to our guests, leaving them in a far more positive place than when they arrive, armed with the tools to illicit change. Getting out of their comfort zone in an environment where we can really dig deep and help them become a happier, healthier person, covering all aspects of their now so stressful lives.

What Are the rooms like?

Our luxury villa is the largest and most luxurious villa on the Island of Lanzarote. The rooms reflect that. You won't be disappointed

What Are the Life Coaching Modules?

Complete Nutrition System™
Complete Morning Rituals™
Complete Goal Focus™
Complete Stress Solution™
Complete Conscious Change™

The balance of reflection and stimulation is just perfect.

How can this help me?

This all-encompassing retreat can help you solve whatever is troubling you in your life currently. Relationships, Nutrition, Fitness levels, Stress, Re-setting yourself, Fat loss, Inch Loss, Pain management, Health issues, Kick starting your life again and much more.

You, your body and your mind deserve it.

www.completetransformationretreats.ie

We also provide corporate retreats, from weekends, to full 7 night events. More information here.

www.completecorporateretreats.ie