

ART ESSENTIAL

Empowering Workshops for the Modern Seekers

DISCOVER, DETOX & PLAY!

Experience the benefits of the top wellness modalities, in a luxurious, fun, and productive weekend retreat!

MIAMI
Apr 6-8 2018

All Inclusive
Wellness Discovery
Weekend Retreat

\$2,499 per couple
\$1,299 single

Only 10 Spots Available!
BOOK NOW!

Included Modalities

- MEDITATION
- MINDFULNESS
- DESIGN THINKING
- ART THERAPY
- SOUND THERAPY
- KINESIOLOGY
- YOGA & TAI CHI
- THAI MASSAGE

During this retreat you'll experience the benefits of the most popular wellness modalities facilitated by industry professionals. The workshops combine art, design, and wellness elements creating the perfect platform for anyone to experience the infinite potential of these worlds.

Regardless if you're a seasoned retreat master or if you have never been to one, the plan is simple, you'll enjoy a weekend full of wellness, yoga, guided meditations, art experiences, music creation, massages, delicious gourmet-quality meals, and like-minded people, everything is included! You'll also bring back home good quality artworks regardless of your art experience.

The retreat takes place in an oceanfront, multi-million dollar Estate in Miami, all meals, juices, workshops, and materials are included. The price for couples is for private suite occupancy for two. The single price shares the suite with another guest of same gender.

Because we offer a high quality experience for every guest, this retreat has a maximum capacity of 10 guests. For more information and bookings please contact

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FRIDAY

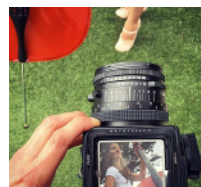
5:00p - Check In
8:00p - Welcome Dinner
9:00p - Mindful Coloring
11:00p - Lights Out

SATURDAY

07:00a - Yoga & Thai Massage
08:00a - Quartz Bowl Sound Bath
09:00a - Breakfast
10:00a - Glass Fusing Design
11:30a - Bloc Carving & Printing
01:00p - Lunch
02:00p - Neuroacoustics & Nap
03:00p - Quartz Bowl Sound Bath
04:00p - Learn Thai Massage
05:30p - Mindfulness & String Art
08:00p - Dinner
09:00p - Drum Circle
11:00p - Lights Out

SUNDAY

07:00a - Yoga & Thai Massage
08:00a - Quartz Bowl Sound Bath
09:00a - Breakfast
10:00a - Photo Hike
12:00p - Lunch
01:00p - Check out



ArtEssential.org