



TIGH-NA-MARA

SEASIDE SPA RESORT & CONFERENCE CENTRE

6 - 9 April 2024

Pampering Mini Retreat for Ladies in Business



REJUVENATE AND PRIORITIZE SELF-CARE

Are you a busy lady in business craving a break from the hustle and bustle? Are stress, burnout, and overwhelm becoming all too familiar?

It's time to prioritize yourself and embark on a transformative journey of self-care and rejuvenation with our Pampering Mini Retreat, specially crafted for women just like you.



OUR PROMISE

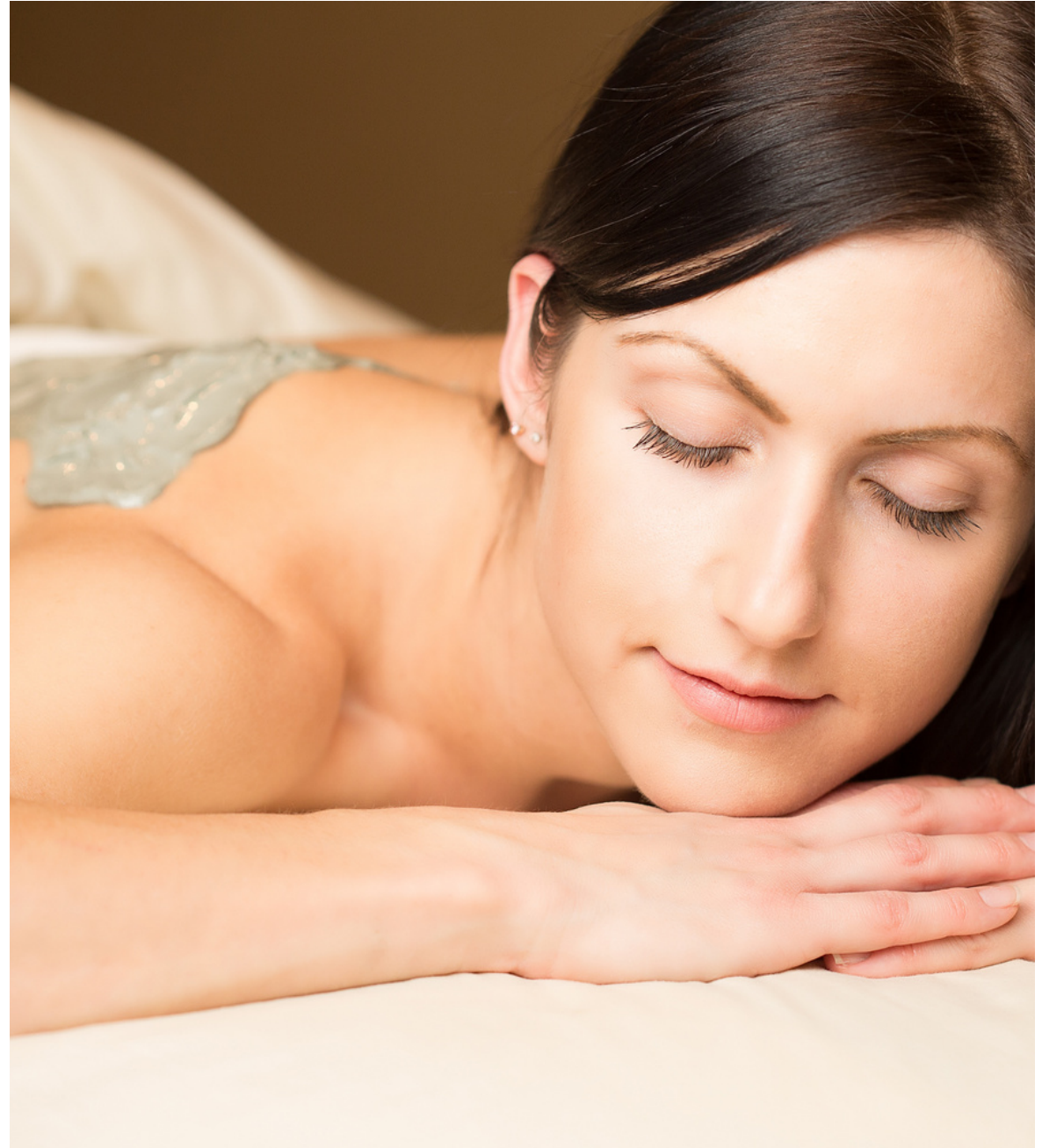
At our retreat, we promise to provide you with a sanctuary away from the demands of daily life, where you can indulge in luxurious pampering, gain valuable insights into holistic wellness practices, and emerge feeling refreshed, revitalized, and ready to conquer the world with renewed vigor and confidence.

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BY MAXIMA TRAVEL

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PAMPERING MINI RETREAT



WHAT YOU'LL EXPERIENCE





DAY 1:
ARRIVAL AND MEET & GREET

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ARRIVAL AND MEET & GREET

- Check into the serene Tigh-Na-Mara Resort and unwind in your luxurious accommodations.
- Join us for a warm Welcome Meet & Greet session, where you'll connect with like-minded women in business and set intentions for your retreat experience.
- Immerse yourself in the retreat's theme and goals during an insightful introduction session, setting the stage for your transformative journey ahead.



An indoor spa area featuring a large, multi-level swimming pool with a prominent waterfall cascading into it. The pool is surrounded by a rugged, rocky landscape with various plants and trees. A balcony with large windows is visible in the upper right corner, overlooking the pool area. The water is a clear, light blue color. The overall atmosphere is serene and luxurious.

DAY 2:

SPA DAY, CULINARY EXPERIENCE, AND
SMOOTHIE WORKSHOP

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SPA DAY, CULINARY EXPERIENCE AND SMOOTHIE WORKSHOP

- Indulge in a day of pampering with a rejuvenating Spa Day, including a Grotto experience and personalized massage sessions tailored to melt away stress and tension.
- Treat your taste buds to a delightful culinary experience at a renowned tapas restaurant, savoring a variety of flavors and cuisines.
- Learn how to nourish your body from the inside out with our Healthy Smoothie Workshop, where you'll discover nutritious and delicious recipes to support your well-being.





DAY 3:

WELLNESS AND EXPLORATION DAY

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- Engage in rejuvenating wellness activities, including Nordic walking and Yoga classes, designed to promote inner peace and balance.
- Connect with nature during a guided beach walk, followed by a delightful and healthy dinner.
- Dive deeper into your wellness journey with workshops on mindfulness, stress management, and holistic health practices.





DAY 4:

CLOSING REFLECTION, DEPARTURE
AND SELLING FUTURES WORKSHOP

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- Reflect on your journey during a group sharing circle, gaining insights and clarity on how to integrate your retreat experience into daily life.
- Participate in a symbolic closing ceremony, expressing gratitude for the transformative journey shared with newfound friends.
- Gain valuable strategies for achieving your goals beyond the retreat with our Selling Futures Workshop, empowering you to step into your full potential.

BONUSES:

- A complimentary 30-minute one-on-one coaching session with our retreat leader to support your post-retreat goals.
- Access to an exclusive online community of retreat alumni for ongoing support and inspiration.
- A beautifully curated self-care gift bag filled with pampering treats to continue your journey of wellness at home.



At the end of our Pampering Mini Retreat, you'll emerge feeling rejuvenated, empowered, and equipped with valuable tools and insights to navigate the challenges of business and life with grace and confidence. Join us and prioritize yourself for a change – you deserve it! Reserve your spot today and take the first step towards a happier, healthier, and more fulfilled you.

Escape, Rejuvenate, Conquer

with Pampering Mini Retreat for Ladies in Business

YOUR MAXIMA PAMPERING MINI
RETREAT INCLUDES:

- Luxurious accommodations at Tigh-Na-Mara Resort for the duration of the retreat. Single accommodation.
- SPA DAY including Grotto, your choice of massage, facial or pedicure and manicure session, paraffin hands or feet. Tapas restaurant. included in SPA DAY experience.
- All meals featuring fresh ingredients, including nourishing green smoothies to support holistic wellness.
- All retreat activities, Yoga, Nordic walking, cooking workshops, and experiences led by professional facilitators and wellness experts
- Ferry and transfers

~~\$2,587~~

\$2,387

LIMITED TIME DISCOUNT OF \$200CAD
TILL 24TH MARCH 2024



For Inquiries & Reservations:

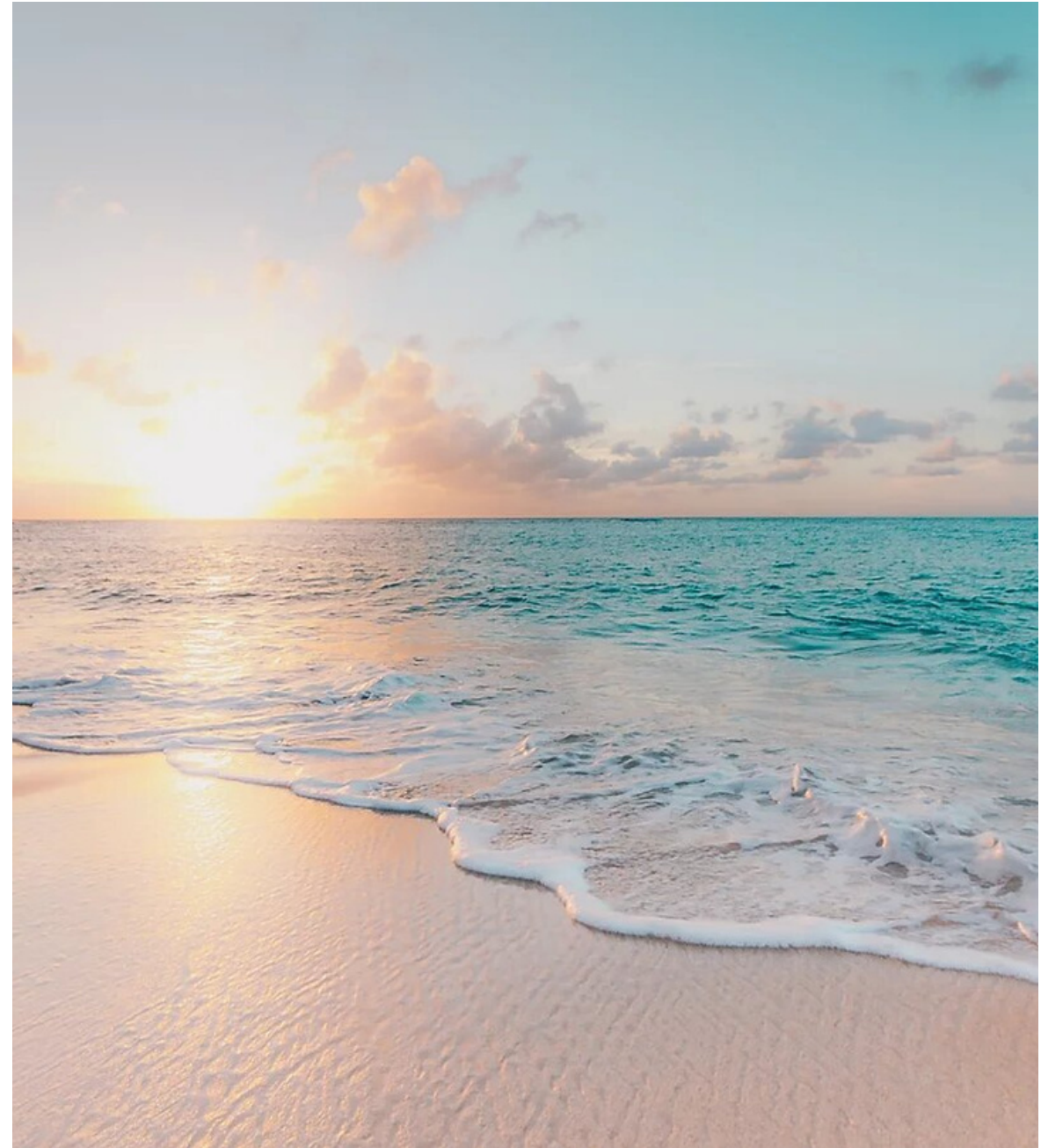
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