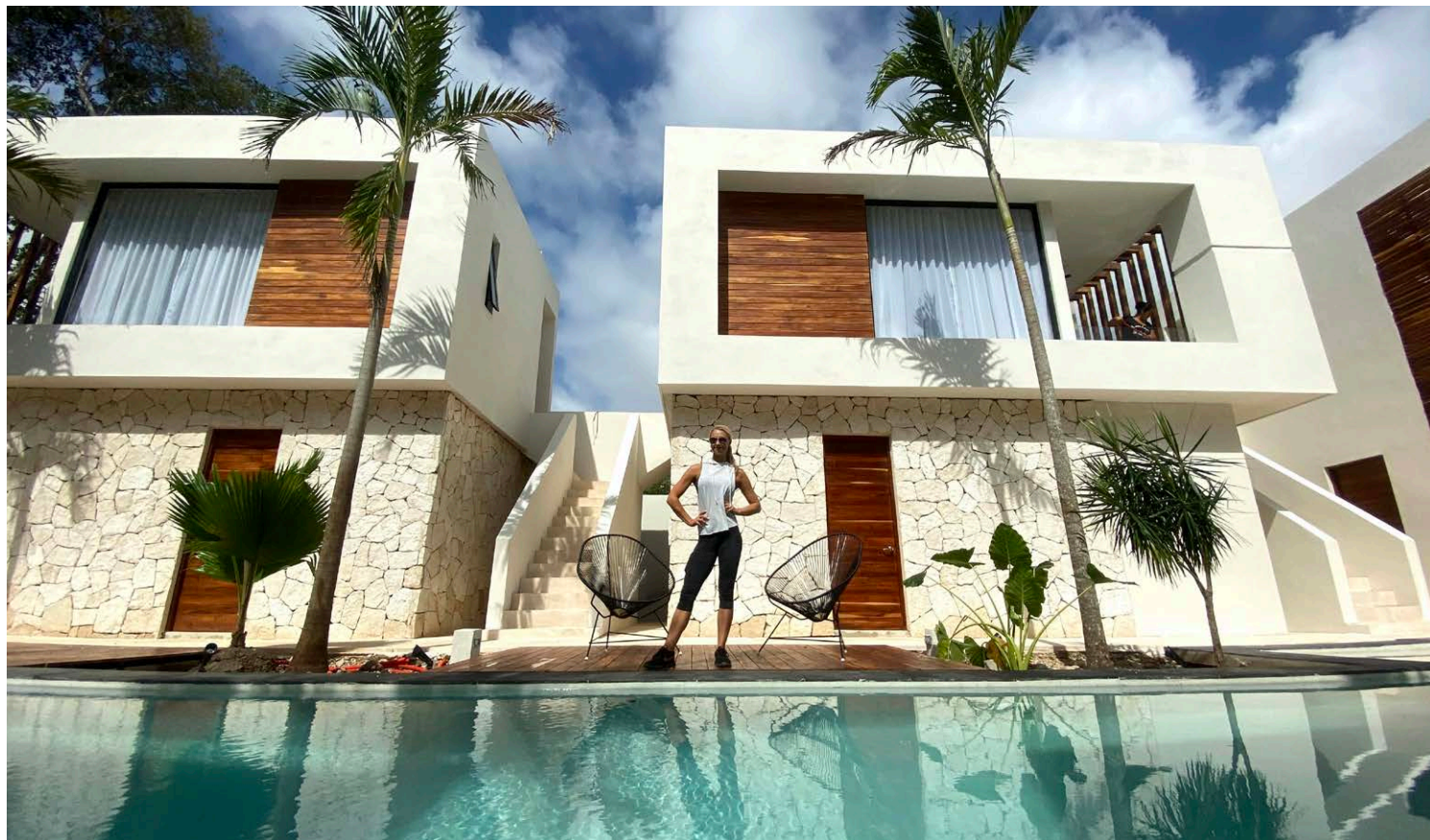


Get Away To Experience The Journey Within

By *Whitney Wiser*



Retreats are the new must-have experience in 2020! Not only are they the hottest trend, but they are also so much more. People have a desire to take self-care to a new level as evidenced by a 182% increase in internet searches for wellness retreats and experiences. In addition, the global wellness market has increased 15% since 2015 and is expected to continue to grow.

The primary purpose of a Wellness Retreat is to create a personal “RESET” in your life. An opportunity to withdraw from your regular life to focus all your energy, that’s otherwise spread out thin in multiple directions. This allows you to learn, grow, gain a new perspective, regroup, re-energize, and find new inspiration. In other words, a chance to work toward your full human potential. If you’re stuck doing the same thing day after day until you are basically running on autopilot and eventually left wondering – isn’t there more to life? Or what else am I missing? Then keep reading so you can prepare to both get away and take a journey within.

How do you find and choose what type of retreat is best for you?

The benefits of this unique experience can be life-changing no matter what style of retreat you go on; so how do you choose the right one?

Start with a Google Search, of course! The options are unlimited. Some of the most common styles of retreats are Yoga Retreats, Adventure Retreats, Yoga-Venture, Fitness, Personal Development, Corporate, Spiritual, Women’s Retreats, and more. So let’s look at a few factors to consider when selecting a retreat that’s right for you.

Are you looking for solitude or community? Do you want to immerse yourself with culture, nature, or worship? Or do you prefer an action-packed journey where your entire schedule is mapped out to the minute and you don’t have to make any decisions at all? You can choose an experience that offers a lot in a short amount of time and make the most out of the location you are visiting or choose an experience that offers a flexible schedule that empowers you to choose your own activities from options and allow ample downtime to rest and self-reflect.

Some retreats are very luxurious and involve the best of the best while you are escaping while others are more frugal and focus on the simplicity of getting back to the basics. Other important factors to take into account are the length of the retreat and the location – these two variabilities can cause prices to vary drastically. I see benefits in all types and think it’s more of a personal preference when choosing.



The biggest take-away is that the choice is yours. Whether you book your retreat yourself or use a travel experience specialist, you can find the journey that suits your needs.

What can you expect to pay?

Domestic retreats (within the US) are usually shorter and on average 3-5 days, similar to a “weekend getaway” style. On average, these can range anywhere from \$500 to \$1500.

International retreats are typically around 7 days, but can also span in timeframe anywhere from 4 to 10 days, or even longer in some cases. The starting prices on these types of retreats can range from \$3,000 and up, depending widely on the length of your stay and how luxurious you want to go.

Why “retreat” instead of just going on a “getaway”?

The goal of attending a retreat isn’t just to escape from life and then go back to doing everything the exact same. That would be considered a vacation, which can be nice but when you are looking for a “Wellness Experience” a retreat is what you want!

Retreats are intended to give you new perspectives and tools to take back and use to improve your life moving forward. The whole premise is to take what you learn and USE IT to make changes to create the life you want and to keep progressing toward that. One company that offers retreats highly focused on Personal Development combined with Fitness Training, Nutrition Training, Yoga/Meditation practices, and Adventures in many different international locations is MyndStyle. As a Fitness Professional, I love the combination of these areas of focus and have recently partnered with this event-

based company to host different types of retreats, as well as my own Women’s Retreats in 2020! Check out the MyndStyle Website, www.mynd-style.com.

I’m excited to host Women’s Retreats in February and November this year and share what I’m most passionate about -- empowering confidence and strength among women. My mission is to create opportunities for women, specifically, to connect and build a supportive community that will empower growth and personal development. I feel strongly about this because I’ve met so many women who have so much potential and desire inside of them, but don’t have the life they want because deep down they don’t believe they can. I know because I used to be one of them. Do you feel like your potential is limited? That you don’t deserve better or it’s not possible for you? Do you want the confidence to strive for more? And more importantly the support and guidance to get it?!

“How you perceive yourself has a lot to do with how much you are able to accomplish in life. By addressing, teaching and encouraging positive thinking techniques, as well as helping set strategic goals — I want these experiences to be a turning point in people’s lives.”

For more information on Whitney Wiser’s Women’s Retreats, please contact whitney@wiser.fit or follow on IG [@wiserfitforums](https://www.instagram.com/wiserfitforums) and [@herstyleevents](https://www.instagram.com/herstyleevents) or website www.wiser.fit.

