



2022 Yoga & Wellness Retreat Proposal



Why should you have yoga & wellness retreats for your guests?

- The popularity of yoga has been increasing and the demand for yoga is higher than ever.
 - Global and personal stress has been at an all time high over the last couple of years and yoga and meditation has proven to be a viable influence to the health and wellbeing of others and our planet.
 - Retreats are a great way to give back and express gratitude to your wonderful guests and all the years they've been supporting your business.
 - Hosting regular retreats is a great way to build community within your business and cultivate return guests.
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What are some of the potential benefits of a yoga & wellness retreat?

- Deep relaxation and restoration of nervous system.
- Finding stillness, inner peace, and clarity within.
- Experiencing community and connection with others.
- Feeling a deep sense of gratitude.
- Discovering a new perspective or outlook on life.
- Space to release mental tension and physical stress held in the body.
- Healing from past traumas can occur.
- An overall sense of wellbeing.



Who is Crystal Borup?

Crystal Borup has dedicated her life to the ancient teachings and practices of yoga. She has been studying and practicing yoga since 2005 and began teaching yoga in 2013. She is E-RYT 500 and YACEP Yoga Alliance certified. She founded the Peaceful Living School of Yoga in 2018. Crystal is also a Reiki Master. She teaches yoga teacher trainings, leads yoga retreats, teaches online classes, facilitates sound and energy healing, and so much more. Her most recent accomplishment was writing her first Book: *Yoga Beyond the Physical*, practices and insights to deepen your yoga and enrich your life. Crystal is a Columbia Gorge native and now lives in Teton Valley, ID with her husband and two dogs. She is a nature enthusiast, and spends as much time as possible outdoors, hiking, backpacking, or just simply being.

"What I know to be true in my heart, is that yoga is so much more than a physical practice. Yoga's knowledge and wisdom are endless and when we devote ourselves to this practice, we can never stop learning and growing into our authentic true self, which is pure love and light. I am here today as a teacher and a student of this eternal practice in hopes to share what I've learned, experienced, and embodied with all those who are ready to join me."

- Crystal Borup



Retreat Options

There are endless possibilities for a Yoga & Wellness retreat. Here are some options that you might consider. Keep in mind that we can customize a retreat to suit your venue and guests. Length of retreat varies.

Back to Nature Yoga & Wellness Retreat

Take time out of your busy life to re-connect with nature and align with Mother Earth. Find balance and rhythm in your life as you connect with the season and the elements of nature. Walk away feeling deeply nourished and stronger within yourself. This retreat includes daily yoga and meditation, nature walks and other nature activities, ceremony, meals and lodging.

Relax & Restore Yoga & Sound Healing Retreat

Be deeply restored as you experience the healing benefits of sound and restorative yoga. This retreat includes daily yoga and breath-work for the nervous system, guided meditations to relax and restore, sound healing facilitated by Crystal Borup with her Tone of Life Cosmic Gong and Crystal Singing Bowls, meals and lodging.

Nature & Nurture Women's Yoga Retreat

Nurture your body, mind, and soul in this powerful and uplifting women's retreat. Embody the feminine energy and explore topics on women's health and wellbeing. This retreat includes daily yoga, guided meditations to relax and restore, wellness classes (women's health) led by Nutrition Counselor Tish Parmenter, nature walks, sacred ceremony, ongoing support throughout your retreat, meals and lodging.

Go Deeper Yoga Retreat

Join Crystal Borup, yoga teacher and best selling author of *Yoga Beyond the Physical*, as she takes you on a deep journey through the ancient teachings and practices of yoga. Enrich your life as you connect deeply through yoga, and walk away feeling a sense of purpose in your life. This retreat includes daily yoga (asana), yogic wisdom (history and philosophy), chakra activation and purification, mantra, meditation, meals and lodging.

Yoga & Live Music (Kirtan) Retreat

Come and experience yoga and live music, traditional kirtan, medicine songs, and bhakti philosophy. Feel the energy and vibrations of communal singing as we gather together and celebrate life and love through mantra and yoga. This retreat includes daily yoga and live music, kirtan, meals and lodging.

Inner Wisdom Yoga & Meditation Retreat

A retreat designed to strengthen your awareness of and connection with the subtle world. Join special guest, Joan Jerman, for a deeply nourishing and healing retreat. This retreat will include daily yoga and meditation, group healing sessions with Joan Jerman, ongoing support throughout your retreat, meals and lodging.

All Retreats Include:

- 4 classes/activities per day - on full days.
- 2 classes/activities per day - on half days.
- An experienced yoga teacher plus other practitioners/entertainment depending on the retreat chosen.
- A retreat host that offers ongoing support for participants throughout the retreat.
- Thoughtful and creative planning for optimal retreat experience.
- A retreat planner that communicates and coordinates retreat details with your venue planner.

Retreat Pricing

Pricing depends on the length of the retreat and who will be facilitating. Pricing starts at \$100/person, per day, with a minimum retreat attendance to be determined. For a more accurate quote, please reach out to Crystal.

Venue Responsibilities

- Provides meals, lodging and space for yoga and other classes/activities.
- Provides a venue planner to help coordinate retreat details.
- Handles all guest inquiries and reservations.

Retreat Payment

A 50% deposit will be due at time of booking/finalizing retreat details. 25% will be due 30 days out. The remaining balance will be due the last day of the retreat.



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Crystal Borup has a wonderful, talented and experienced team of yoga teachers, practitioners, healers, and musicians. Please reach out for more information and to schedule your next retreat(s). We look forward to working with you to create the optimal retreat experience your guests have been longing for, that will keep them returning year after year.

Crystal Borup

(360) 600-2538

crystalborup@icloud.com

crystalborup.com

[Facebook.com/crystalborupyoga](https://www.facebook.com/crystalborupyoga)

Instagram: [@crystalborupyoga](https://www.instagram.com/crystalborupyoga)

