



Body & Mind Fitness Retreat

Isle of Wight ~ 11th-14th September 2023



About Shift

Shift Retreats are a NEW opportunity for you to shift your body and mind through a unique combination of endorphin-boosting fitness and empowering life coaching.

With the energetic guidance and empathetic support of Lucinda Ankarcrona and Emily Hill, this is a chance to step away from the routine of everyday life.

Within this gorgeously spoiling setting we will enjoy a carefully planned menu of deliciously nourishing food prepared by our private chef.

Specifically designed for a group of only 8 women aged 40+ this all-inclusive, boutique retreat is about taking action with self care, guidance and motivation. You will leave feeling invigorated and content in the knowledge you have paid attention to the wellbeing of your body and mind in a new, fun and dynamic way.

We can't wait to welcome you!

Lucinda x Emily x



Lucinda

I am a qualified personal trainer and group exercise instructor with over 10 years experience in fitness. I also run a series of specialised wellness retreats both here and abroad. I am passionate about the importance of movement as we get older and how this can lead to a healthier and happier lifestyle with greater confidence and an overall feeling of wellbeing.



Emily

I am a Personal & Professional Life Coach and NLP Practitioner. I am a champion of positive change and self-empowerment. I partner with my clients to identify what they really want from life and equip them with powerful tools to help them find the clarity and courage to take action. No matter how stuck we might be feeling, we always have choices and options and far more within us than we realise. I unlock this and pave the way for a new perspective and approach. What follows is self-belief, power and a renewed sense of vitality for life.





Location

The Pink House is a vibrant and beautifully refurbished Georgian Manor right on the beach, with its own tennis court and private gardens. Known as the 'jewel in the crown of Bembridge', this gorgeous Isle of Wight home is a very special setting for our intimate retreat.

With stunning views, a lawn running down to the beach and its own private access, we are just a short walk from the lovely shops and cafes of Bembridge.



Fitness

Our retreat includes classes in HIIT, circuits, core and stretching. Our workouts will target a mixture of full, lower and upper body with cardio and strength training being the focus. We will use resistance and body weight.

Classes are suitable for all levels and are designed to make you fitter, stronger, healthier and help release happy endorphins to set you up for positive change!



Life Coaching

We will enjoy thought provoking discussions, guided meditations and visualisations, 1:1 coaching and group activities, all drawing on powerful Life Coaching and Neuro Linguistic Programming (NLP) techniques.

Each activity is designed to engage your mind, challenge your way of thinking, learn about the vital mind-body connection and offer you the opportunity to reflect and learn in a relaxed, non judgmental setting.



A typical day

8am	Breathing exercises
8:15am	Morning stretch
8:30am	HIIT
9am	Breakfast
10:30am	Core/Circuits
11:15am	Refreshing sea swim
11:30am	Free time
12pm	Life Coaching discussions & activities
1:30pm	Lunch
2:30-5pm	Individual 1:1 Coaching & PT sessions
5:30pm	Stretching & guided visualisation
6pm	Free time
7:30pm	Supper



Information & Pricing

Arrival Monday 11th September 2023

Departure Thursday 14th September 2023

Check in 3pm

Check out 10am

Transport

Hovercraft to and from the IOW.

Group taxi to and from The Pink House.

Pricing

£995 per person for two people sharing a twin room.

£1,250 for single occupancy in a double bedroom.

Rates are based on an all-inclusive 3 night stay.



What is included

- Hovercraft transfers to/from Southsea, Portsmouth
- Stunning Bembridge beach-front setting
- Deliciously nourishing breakfasts, lunches and dinners all prepared by our in-house private chef
- Drinks and snacks
- Daily fitness classes in HIIT, strength, core and stretching
- Thought provoking Life Coaching designed to empower and encourage positive change
- Importance of Movement in Menopause discussion
- 1-1 PT session with Lucinda (30 min)



- 1-1 Life Coaching session with Emily (30 min)
- Refreshing morning sea swims from our doorstep (optional)
- Dedicated time each afternoon to relax and enjoy the beautiful surroundings, with an optional massage
- Pre-retreat introductory Zoom call with Lucinda to discuss your fitness and physical goals (15 min)
- Pre-retreat introductory Zoom call with Emily to discuss your intentions for the retreat and how coaching can help you achieve the change you desire (30 min)
- Use of the garden, ping pong, pool table and tennis court (BYO racket!)
- 2 weeks of complimentary online Zoom Classes with LSA Fit following the retreat
- 10% saving on your first booking with Emily Hill Life Coach following the retreat
- Group taxi transfers to/from The Pink House
- Goodie Bags with lots of lovely treats.

Not included

- Car parking at Southsea, Portsmouth
- Massages
- Dinner at Barbossa, Bembridge on the 12th September

How to book

Follow the link below to complete the booking form and we will be in touch directly to discuss the retreat and take payment of your non-refundable deposit of £250 by bank transfer. Once paid your place on the retreat will be secured.

Your balance is due 11th August 2023.

To book:

<https://lsafit.com/retreats/shift-retreats/>

If you have any questions or would like to discuss the retreat with us prior to booking, please do get in touch.

Lwinda

@lsa.fit

07967 157620

www.lsafit.com

Emily

@emily_hill_lifecoach

07875 767467

www.emilyhillcoaching.com

