



THE RETREAT

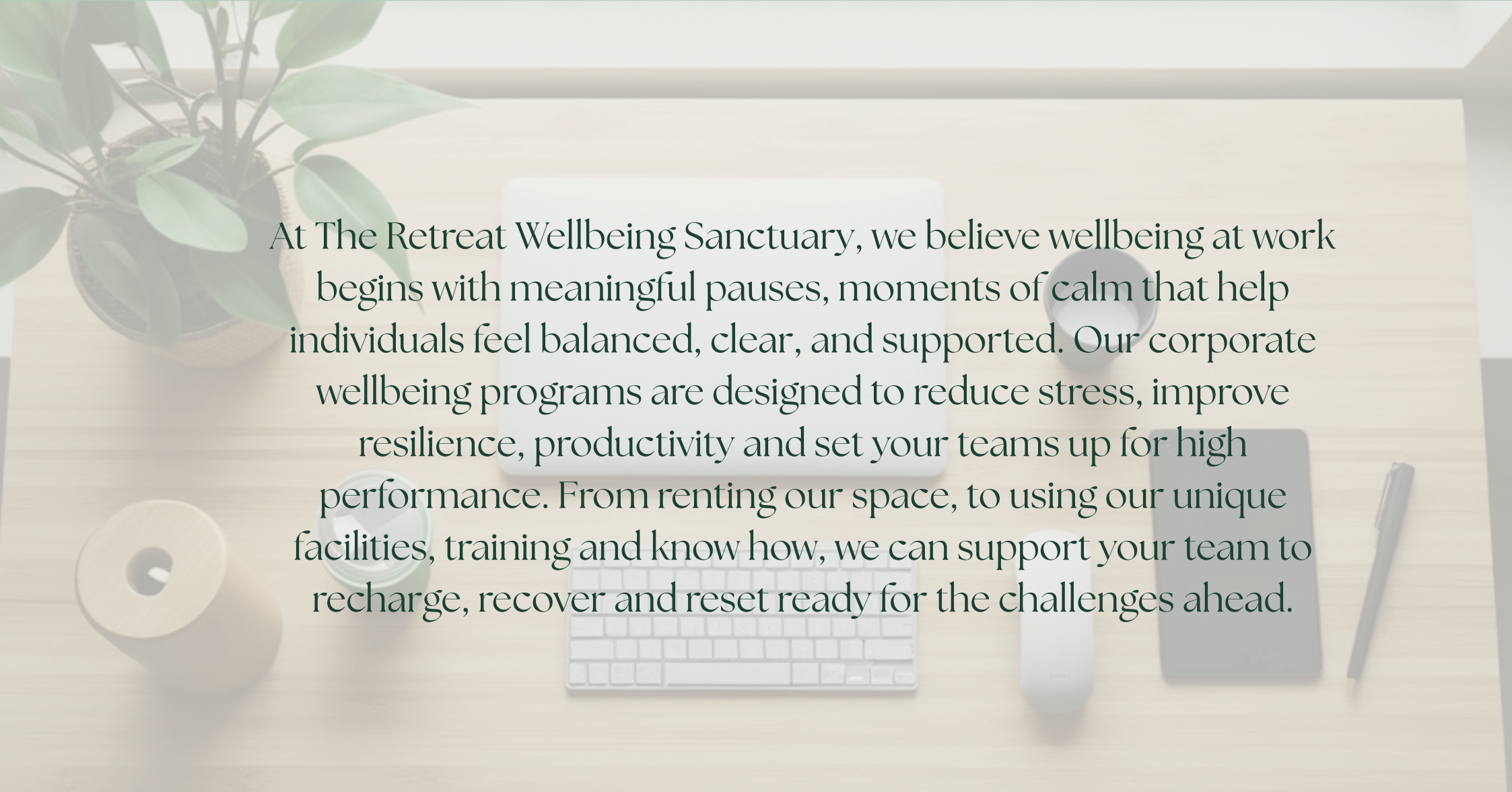
WELLBEING SANCTUARY

CORPORATE WELLBEING SOLUTIONS

Support your team with mindful, restorative experiences designed to enhance wellbeing, resilience, and connection.

www.retreatwellbeingsanctuary.com

WELLBEING FOR CORPORATES



At The Retreat Wellbeing Sanctuary, we believe wellbeing at work begins with meaningful pauses, moments of calm that help individuals feel balanced, clear, and supported. Our corporate wellbeing programs are designed to reduce stress, improve resilience, productivity and set your teams up for high performance. From renting our space, to using our unique facilities, training and know how, we can support your team to recharge, recover and reset ready for the challenges ahead.

OUR CORPORATE PACKAGES

:

AWAY DAY

- Private Classroom & Breakout rooms for productive sessions
- Tea, Coffee & Lunch
- Calm spa environment to refresh and focus

RETREAT

- Private Classroom & Breakout Rooms
- Tea, Coffee & Lunch
- Signature Spa Experience across our high tech facilities
- Supports recovery, recharge & reset

RESILIENCE RETREAT

- Private Classroom & Breakout Rooms
- Tea, Coffee & Lunch
- Signature Spa Experience across our high tech facilities
- Unique Resilience training programme focussing on preventing stress to drive resilience & high performance
- Available as a one-or two-day programme



AWAY DAY

Our Away Day corporate package offers a refined setting for productive meetings combined with restorative downtime.

The package includes:

- Full-day hire of a fully equipped boardroom
- Access to 3 x breakout rooms for smaller group sessions
- Tea and coffee throughout the day and lunch

A freshly prepared lunch is also provided, allowing your team to stay focused and energised. This experience is ideal for strategy sessions, leadership and team development days, blending professionalism with comfort in a tranquil spa environment.

Away Day package pricing

Total delegates	Price per delegate
20	£32.50
30	£26.67



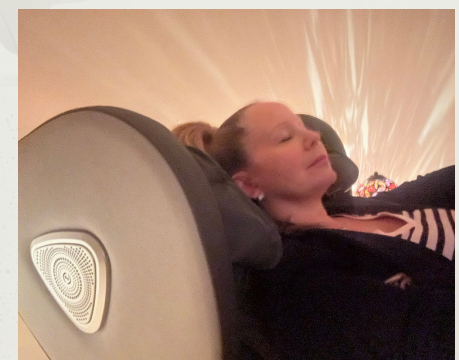
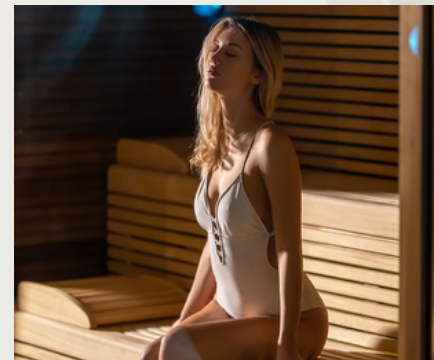
Our Retreat Package includes all the features of the *Away Day Package*, enhanced with exclusive access to our signature spa circuit which has been carefully designed to support mental clarity, physical recovery, and sustained performance. This elevated experience enables teams to step away from daily pressures, encouraging focus, creativity, and meaningful collaboration in a calm, restorative environment.

Our spa circuit features:

- The Reset Room: A library-inspired wellbeing space blending tranquility with advanced wellness technology.
- The Himalayan Salt Room: A serene sanctuary created to calm the senses and support holistic wellbeing.
- Immersive Mind & Body Meditation Pods: Private pods designed to guide you into deep relaxation and mental clarity.
- The Biohacking Suite: A purpose-built wellness space to enhance vitality and support effective recovery.
- An Infrared Sauna: unlike traditional saunas, infrared heat gently penetrates the muscles and tissues aiding detoxification, muscle relaxation, and overall calm.

Retreat package pricing

Total delegates	Price per delegate
20	£62.50
30	£56.67



RESILIENCE RETREAT

Retreat & Training is our most comprehensive package, combining everything in our Away Day and Retreat packages with expert-led, interactive training designed to support long-term wellbeing and sustainable performance. Available as a one-day or two-day experience, the programme can be tailored to your organisation's objectives to create meaningful, lasting impact for both individuals and teams.

This fully integrated experience combines structured learning with restorative spa access, helping teams build practical skills they can apply both professionally and personally. The training focuses on evidence-based practices that help teams manage pressure, improve focus, and cultivate healthier daily habits. The training programme features interactive sessions in mindfulness, stress management, emotional resilience, breathwork, and mindful communication, thoughtfully designed to improve focus, emotional intelligence, collaboration, productivity and workplace resilience.

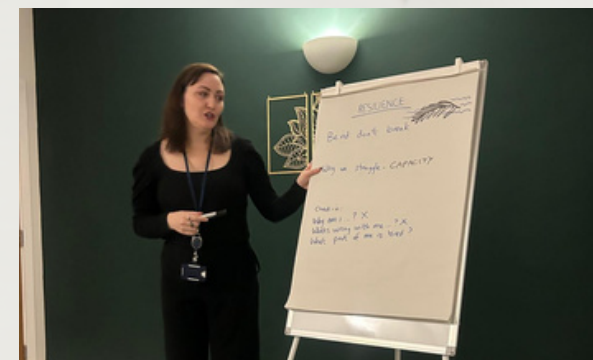
Classes can also be added to the training package such as Yoga, Pilates, Breathwork, Sound Baths and Treatments such as Massage, Facial, Reflexology are available at an additional cost.

1 Day package pricing

Total delegates	Price per delegate
20	£262.50
30	£190.00

2 Day package pricing

Total delegates	Price per delegate
20	£412.50
30	£290.00



COMPARE OUR PACKAGES

Feature	Away Day package	Retreat package	Retreat & Training package: 1 Day	Retreat & Training package: 2 Days
Private Classroom	✓	✓	✓	✓
Breakout room access x 3	✓	✓	✓	✓
Tea & coffee	✓	✓	✓	✓
Lunch	✓	✓	✓	✓
Spa Experience (Meditation Pods, Himalayan Salt Room, Infrared Sauna, Biohacking Suite, Reset Room)	—	✓	✓	✓
Resilience & Mindfulness Training based on Science of Positive Psychology	—	—	✓	✓
Price per delegate (for 20 total)	£32.50	£62.50	£262.50	£412.50
Price per delegate (for 30 total)	£26.67	£56.67	£190	£290

CONTACT US



hello@retreatwellbeingsanctuary.com



07944 425531



The Retreat Wellbeing Sanctuary,
Within Fitness First,
Stadium Way,
Wigan,
WN5 0UN