



Rise to Move Studio - Elite Programs & Services

Private, precision-designed programs for individuals seeking measurable transformation in performance, wellness, and lifestyle.

Concierge Services

1. Rise to Move Concierge - Agency

We manage health portfolios not travel logistics: Turnkey design and oversight of elite clinic itineraries, liaising with world-class medical and wellness facilities. Every detail is handled with precision and discretion.

- **Format:**

Minimum for 3-14day destination wellness programs:

2 x 60-min strategic consultations per week

Weekly Retainer: USD 500

For Longer Retreat programs

1 x 60-min strategic consultations per week

Quarterly Retainer: USD 6,000

Separate: Fees paid directly to all preferred partners/ destination clinics

Client Responsibilities:

- Flights to Thailand must be secured before the initial consultation.
- A minimum of 4 weeks' travel notice is required to confirm scheduling and partner availability.

2. Rise to Move Concierge - After-Care Integration Program

***A high-touch integration of our Path 3 Adaptive Transformation Coaching Program.**

This is a **structured post-retreat lifestyle and health enhancement choice** - to embed results into everyday life. Includes personal guidance, habit reinforcement, and progress tracking. Designed to endure the gains made during the program, with continued comfort of the clinical expertise and ultimately, an opportunity to live with daily vitality.

Program Scope:

- Personalised Schedule Integration: Incorporates your feedback from post-clinic experiences into a tailored daily structure that aligns with your lifestyle, location, and professional demands.
- Localised Choices: Advises on optimal local wellness services, dining options, and supportive environments in your city or travel destinations.
- Ongoing Coaching: Weekly virtual check-ins with Thai clinic to troubleshoot challenges, refine habits, and sustain progress.
- Lifestyle Alignment: Adjusts your routines as needed for changing schedules, travel, or evolving performance goals.
- Progress Tracking: Monitors measurable outcomes across wellness, energy, and performance markers and shares with the wellness teams of Thai clinics

COMPANY INFORMATION:

RISE TO MOVE STUDIO, UNIPessoal, LDA. ESTRADA DO GARAJAU, EDIFÍCIO VIP II, LOJA K, 9125-067 CANIÇO
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RISE TO MOVE STUDIO

Format:

- Integrated with Path 3 Adaptive Transformation Program
- Weekly strategic consultations and adjustments
- Coordination with local providers as needed

Monthly Retainer Program Fee: USD 7,250 (full after-care integration)

Optional add-on: USD 500/week retainer for extended concierge coordination / return to a destination retreat

Separate: Fees paid directly to all preferred partners/ destination clinics

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