

# OFF - SHORE RETREAT

Curated for the Leisure Yachting Community



## **WATER HEALS**

You are a founder, investor, creator, athlete, protector of a legacy. Your success has been hard-won, carved from high-stakes decisions, sleepless nights, and a calendar that rarely lets up. Your days are high-output, your mind is constantly switching gears, and your presence, demanded in every room.

The result: A nervous system running on overdrive, and a fatigued, restless body struggling to keep up with the brilliance of your ambition.

**“We wish you water!”**

These powerful words by Dr. Wallace J. Nichols — eminent marine biologist and founder of the Blue Mind movement — are the heartbeat of Rise to Move Offshore Retreat. Blue Mind — the mildly meditative, calm state we enter when near or in water — is scientifically shown to enhance mood, improve cognition and reduce stress.

Our founding principle is rooted in the belief that at the heart of vitality, clarity and renewal lies a single, fluid truth: Water heals.



## **POWER OF WATER**

Blue Mind isn't a mood. It's a trained response.

Rise to Move's offshore retreats forge an intentional shift from the Red Mind — our default state of stress, urgency and hyper-productivity — to a calmer, more connected way of being.

"The effects of simply being near water are profound and powerful," says Natalie Bruyns, founder of Rise to Move, a licensed resilience coach and natural health therapist. "It enhances creativity, openness and connection — dissolving mental clutter and inviting a deep, cellular calm," she adds.

**And, when it starts with pure it lasts!**

Inspired by her own transformative journey and lifelong connection with water, Natalie created Rise to Move Offshore Retreat to harness the ocean's profound therapeutic force. Each retreat experience is designed exclusively for yacht owners and charter guests who seek more than luxury — they seek restoration, meaning and impact.



## **WATER BASED EXPERIENCES**

Through immersive water-based experiences, somatic practices, and expert-led sessions — all delivered in the privacy and comfort of your own vessel — participants will be gently led back to a state of embodied presence, where healing begins and vitality returns.

Rise to Move Offshore Retreat's purpose is not only to support well-being at sea, but to initiate a reconnection with self, nature and the deeper rhythms of being — to drive lasting, meaningful impact on both people and the planet.

Founded on the belief that personal restoration and planetary regeneration go hand in hand, our retreats are designed to create lasting, meaningful impact — in the lives of our guests, and in the waters that hold us. Through curated experiences rooted in Blue Mind science, ecological awareness and conscious practice, we foster a sense of stewardship in those who join us.

Whether anchored in a quiet cove or journeying between blue horizons, your yacht becomes a sanctuary for nervous system recalibration, creative reset, and deep reconnection — with self and with the sea.





## **PRIVATE. CURATED. IMMERSIVE.**

Emotional well-being is the foundation of true sustainability.

Each Rise to Move Offshore Retreat is personally hosted by Natalie, who will thoughtfully curate the programs with specialists across various disciplines around the healing intelligence of water. Her deep reverence for the healing power of water ensures each retreat is a sanctuary for high performers to step away from overdrive and into restoration. Every element is intentionally chosen — from the setting to the trusted set of experts and practitioners — to support a profound return to clarity, balance and embodied vitality. Her focus is to create a container where high performers can safely decompress, recalibrate their nervous system, and reawaken their vitality — all against the vast, healing backdrop of the ocean.

Here, the ocean is not a backdrop; it is a co-facilitator. A guide. A mirror.

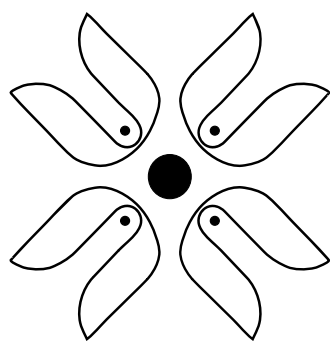


## A LIFELONG SHIFT

From arrival to disembarkation — and beyond.

The journey continues well beyond the shoreline. Each guest leaves with a “Blue Script”, a personalized post-retreat follow-up that includes integration support, resilience coaching, and access to curated resources designed to sustain the transformation sparked at sea.

For those who wish to continue the journey, Natalie offers personalized guidance on simple, science-backed habit-framing tools and emotional resilience frameworks to gently release what drains your energy and strengthen what restores it.



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