



## **Rise to Move Studio - Elite Programs & Services**

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

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### **WELLNESS, OFF-SHORE**

#### **Private Charter - Wellness Sail**

A luxury yacht retreat designed as a deeply personal experience, combining curated wellness sessions, restorative leisure, and the serenity of the ocean. Guests enjoy three guided 30-minute practices (movement, stretch therapy, and breathwork) alongside refreshments in secluded anchorages. The experience is crafted in collaboration with yacht owners and a network of preferred partners, ensuring each retreat is seamlessly organized and highly personalized.

#### **This may include:**

- Yoga instructors for guided movement and mindfulness at sunrise or sunset
- Private chefs for bespoke menus tailored to dietary preferences and wellness goals
- Wellness practitioners such as massage therapists, breathwork coaches, or meditation guides
- Curated leisure elements such as swimming, paddleboarding, or ocean-based therapy

Our team coordinates all logistics, ensuring that every element—from onboard hospitality to the timing of each wellness session—flows effortlessly. The result is a fully integrated, high-touch retreat designed for rejuvenation, connection, and deep restoration.

**Format:** Minimum 5-hour charter

**Weekly Curation Retainer:** USD 1,150

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

#### **Client Responsibilities:**

- A minimum of 6 weeks' travel notice is required to confirm yacht availability and coordinate partner schedules.

#### **COMPANY INFORMATION:**

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