

2019 CORPORATE WELLNESS PACKAGE



CORPORATE RETREATS AT THE HORSE SHOE FARM *Starting at \$1,739 per person*

The Horse Shoe Farm is an 85-acre riverfront estate near Asheville/Hendersonville, North Carolina. Our corporate wellness retreats offer organizations the opportunity for eight or more colleagues to spend four days and three nights together in our luxury accommodations with all meals included.

From the moment you enter the Farm, you will experience a state of bliss, as our goal is to ground you in the stability of our serene space. From there, our facilities are open to your group to work on goal setting and team-building while reconnecting to your organization and each other.

The package for eight includes:

- *Welcome gift, beverage, and snack upon arrival*
- *Luxury accommodations for three nights at The Horse Shoe Farm with daily housekeeping*
- *All meals sourced with local ingredients, prepared by our expert chef*
Vegetarian and vegan options available and encouraged
- *Organic juice bar & continental breakfast each morning*
- *Beverage and snack selections available throughout the day*
- *Guided yoga and meditation class or healing sound bath each morning*
- *THSF staff member to facilitate farm field day and team-building*
- *Bonfire & s'mores each night at The Silo Cookhouse*

Other amenities and services available at no additional charge include:

- *Use of The Horse Shoe Farm grounds for walking, exercise, relaxation, and meditation*
- *Complimentary Wi-Fi access*
- *Complimentary on-site parking*
- *Access to The Farmhouse filled with activities for young and young at heart*

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SAMPLE ITINERARY

MONDAY

Arrival & Check-In, 12:00pm - 4:00pm (The Silo Cookhouse)
Welcome Beverage, Snack, & Gift
Farm Overview & VIP Check-In
First Group Interaction, 4:00pm - 6:00pm
Explore the Farm / Free Time, 6:00pm - 7:00pm
Farm Dinner, 7:00pm (The Silo Cookhouse)
Bonfire & S'Mores, 9:00pm (The Silo Cookhouse)

TUESDAY

Organic Juice Bar & Continental Breakfast, 8:00am - 9:00am (The Silo Cookhouse)
Morning Yoga & Meditation, 9:00am - 10:00am (The Sanctuary)
Group Interaction 2, 10:30am - 12:30pm
Catered Lunch, 12:30pm (The Silo Cookhouse)
Group Interaction 3, 1:30pm - 3:30pm
Explore the Farm / Free Time, 3:30pm - 7:00pm (Ask About THSF Spa Treatments)
Farm Dinner, 7:00pm (The Silo Cookhouse)
Bonfire & S'Mores, 9pm (The Silo Cookhouse)

WEDNESDAY

Organic Juice Bar & Continental Breakfast, 8:00am - 9:00am (The Silo Cookhouse)
Healing Sound Bath, 9:00am - 10:00am (The Sanctuary)
Outdoor Group Team Building, 10:30am - 12:30pm (THSF Grounds)
Catered or Boxed Lunch, 12:30pm (The Silo Cookhouse)
Farm Field Day, 1:30pm - Until (THSF Grounds)
BBQ or Farm Dinner, 7:00pm (The Silo Cookhouse)
Bonfire & S'Mores, 9pm (The Silo Cookhouse)

THURSDAY

Organic Juice Bar & Continental Breakfast, 8:00am - 9:00am (The Silo Cookhouse)
Morning Yoga & Meditation, 9am (The Sanctuary)
Final Group Interaction, 10:30am - 11:30am
Check-Out & Departure, 12pm (The Silo Cookhouse)

PRICING

2019 Corporate Wellness Retreat for 8: \$13,912 or \$1,739 per person

Price includes applicable taxes & fees. Fifteen-percent mark-up on weekends (Friday-Sunday) and Holidays. Reservations must be made with minimum group of eight individuals. Additional charge per person up to thirty-three. Please inquire about additional accommodations and availability for larger groups.