



# 38N

Reset Your Coordinates

## BODY:RESET RETREAT IBIZA

The ultimate women's fitness and wellbeing retreat.

Led by female trainer, Claire Wylie, this long weekend break in the White Isle is perfect for women looking to reset, rebalance and rejuvenate their body and mind. The programme is specifically tailored to gain maximum results, based on women's unique body and nutritional needs. Plus there's a real emphasis on empowering, guiding and supporting you during your stay.

To be clear – this is not aimed at 'excluding men' – more about ensuring you feel understood, listened to and confident that you're not going to be made to do heavy lifting and bench presses! Claire's vision is that you feel educated and self-assured to kickstart a healthier lifestyle and know how to go about getting it. Her enthusiasm and belief in clients is infectious – so think sweaty, fun, fat burning HIIT sessions, mixed with tummy flattening, bottom rounding strength workouts.

You'll receive a pre-retreat coaching call with Claire to help explore your goals, which will be worked on over the weekend, alongside supporting materials you can take home. And when you're with us, you can expect a personalised experience with a group of no more than 10 like-minded women.

But it's not all work and no play. There's down time to explore the island and sample its beach vibe and have a spa treatment in the hotel. You'll also have evenings free so you can sample the local restaurants (we suggest places for dinner and meal choices to keep you on track!)

We welcome women of all shapes, sizes, age groups and fitness levels – from the single traveller to mums, daughters, sisters, healthy hens and everything in between!

So if you're looking for a break that will kick-start your wellbeing, help you shape up fast and shed some pounds – while being supported by a trainer that 'gets it' – Body:Reset is perfect for you.

## Example Itineraries



09:00 Run  
10:00 Goal Setting Workshop  
11:00 Suspension Training  
13:00 Lunch  
14:00 Max Interval Training  
15:00 Core Conditioning  
16:00 Functional Bootcamp  
17:00 Pilates

09:00 Yoga  
10:00 Cardio Box  
11:00 Core Conditioning  
12:00 Kettlebells  
13:00 Lunch  
14:00 Fitness Test  
15:00 SUP  
18:00 Success Cocktails

### What's Included:

- 3 days of fitness activities with time for relaxation
- 3 nights luxury accommodation
- Breakfast and healthy lunches
- Female trainer led retreat
- Pre-retreat coaching call
- All fitness activities
- Goody bag and motivational treats
- Inspiring workshops on nutrition, motivation and goal setting
- Nutrition, training and motivation take-aways to keep you on track
- Varied training methodologies and education on safe form
- A farewell cocktail to celebrate your success on the last night

**The team is looking forward to welcoming you. Please feel free to contact us with any further questions.**

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