

INTRODUCTORY PACKAGE	CORE SENSEI OFFERING	STRUCTURED PROGRAMS	
Discover Sensei Experience	Guided Wellness Experience	Rest and Reset Program	Optimal Wellbeing Program
<i>Package Inclusions</i>			
<b>PRE-ARRIVAL</b>			
• Design itinerary up to 30 days before arrival	• Design itinerary up to 60 days before arrival	• Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable	• Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable
<b>GUIDE SESSIONS &amp; ASSESSMENTS</b>			
• Optional 30-minute Body Composition analysis or Functional Movement Screen	• My Intention session • Assess <i>body composition, functional movement screen and blood pressure</i> • Optional My Plan session	• My Intention session - Assess <i>body composition, functional movement screen and blood pressure</i> • My Recovery session • Assess <i>heart rate variability</i> • My Plan session	• My Performace session - Assess <i>vertical jump, sit to stand, gait analysis, grip strength and Vo2 max</i> • My Intention session - Assess <i>body composition, functional movement screen and blood pressure</i> • My Plan session
<b>1:1 PRIVATE SESSIONS</b>			
• N/A	• Daily 1:1 (not on arrival or departure days)	• Three private sessions including a Sleep 1:1, Sensory Eating 1:1 & Mindful Movement 1:1	• Three private sessions including mindset, nutrition and fitness
<b>SPA OR WELLNESS SERVICES</b>			
• \$300 in nightly Wellness Credit per person	• \$100 nightly Wellness Credit	• Two 90-minute spa treatments	• \$500 Wellness Credit to use toward wellness consultations spa services, golf course or tennis court fees • 90-minute Thermal Body Mapping experience or featured massage
<b>POST STAY</b>			
• N/A	• N/A	• Two post-stay calls with your Guide	• Two post-stay calls with your Guide

**ALWAYS INCLUDED**

- Access to daily rotating wellbeing classes
- Ongoing access to MyJourney, your Sensei portal to reference personal data reports

STRUCTURED PROGRAMS		EXTENDED STAY
Golf Optimal Wellbeing Program	Tennis Optimal Wellbeing Program	Sabbatical Experience
<i>Package Inclusions</i>		
<b>PRE-ARRIVAL</b>		
<ul style="list-style-type: none"> <li>• Design itinerary up to 60 days before arrival</li> <li>• WHOOP 4.0 wearable</li> </ul>	<ul style="list-style-type: none"> <li>• Design itinerary up to 60 days before arrival</li> <li>• WHOOP 4.0 wearable</li> </ul>	<ul style="list-style-type: none"> <li>• Design itinerary up to 60 days before arrival</li> </ul>
<b>GUIDE SESSIONS &amp; ASSESSMENTS</b>		
<ul style="list-style-type: none"> <li>• My Wellbeing session               <ul style="list-style-type: none"> <li>• Assess <i>vertical jump, sit to stand, gate analysis, grip strength and Vo2 max</i></li> </ul> </li> <li>• My Intention session               <ul style="list-style-type: none"> <li>• Assess <i>body composition, functional movement screen and blood pressure</i></li> </ul> </li> <li>• My Plan session</li> <li>• Six hours of one-on-one instruction with a Golf Professional</li> </ul>	<ul style="list-style-type: none"> <li>• My Wellbeing session               <ul style="list-style-type: none"> <li>• Assess <i>vertical jump, sit to stand, gate analysis, grip strength and Vo2 max</i></li> </ul> </li> <li>• My Intention session               <ul style="list-style-type: none"> <li>• Assess <i>body composition, functional movement screen and blood pressure</i></li> </ul> </li> <li>• My Plan session               <ul style="list-style-type: none"> <li>• Four hours of one-on-one instruction with a Tennis Professional</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• My Intention session               <ul style="list-style-type: none"> <li>• Assess <i>body composition, functional movement screen and blood pressure</i></li> </ul> </li> <li>• Sensei Guide paired with you and weekly 30-minute check-ins</li> <li>• My Plan session</li> </ul>
<b>1:1 PRIVATE SESSIONS</b>		
<ul style="list-style-type: none"> <li>• Three private sessions including mindset, nutrition and fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Three private sessions including mindset, nutrition and fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Two private sessions including mindset, nutrition, yoga or fitness</li> <li>• One private or semi-private session of your choice each week</li> </ul>
<b>SPA OR WELLNESS SERVICES</b>		
<ul style="list-style-type: none"> <li>• \$500 Wellness Credit to use toward wellness consultations spa services, golf course or tennis court fees</li> <li>• 90-minute Thermal Body Mapping experience or featured massage</li> </ul>	<ul style="list-style-type: none"> <li>• \$500 Wellness Credit to use toward wellness consultations spa services, golf course or tennis court fees</li> <li>• 90-minute Thermal Body Mapping experience or featured massage</li> </ul>	<ul style="list-style-type: none"> <li>• \$6,000 in Wellness Credits (\$1,500 weekly) to use toward wellness consultations spa services, golf course or tennis court fees</li> </ul>
<b>POST STAY</b>		
<ul style="list-style-type: none"> <li>• Two post-stay calls with your Guide</li> </ul>	<ul style="list-style-type: none"> <li>• Two post-stay calls with your Guide</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>ALWAYS INCLUDED</b>		

Access to daily rotating wellbeing classes

Ongoing access to MyJourney, your Sensei portal to reference personal data reports