

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

Access to daily rotating wellbeing classes

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