

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 wearable	• Design itinerary up to 60 days before arrival • WHOOP 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		
• Design itinerary up to 60 days before arrival • WHOOP wearable	• Design itinerary up to 60 days before arrival • WHOOP wearable	• Design itinerary up to 60 days before arrival
GUIDE SESSIONS & ASSESSMENTS		
• My Performance session • Assess <i>vertical jump, sit to stand, gate analysis, grip strength and Vo2 max</i> • My Intention session • Assess <i>body composition, functional movement screen and blood pressure</i> • My Plan session • Six hours of one-on-one instruction • One on course assessment (2 hours) • One Private lesson at practice facility (2 hours) • One 9-hole on-course lesson (2 hours)	• My Performance session • Assess <i>vertical jump, sit to stand, gate analysis, grip strength and Vo2 max</i> • My Intention session • Assess <i>body composition, functional movement screen and blood pressure</i> • My Plan session • Five hours of one-on-one instruction • Two Private lessons including Video Analysis (90 min each) • One Tennis footwork workshop (60 min) • One Guided Match Play (60 min)	• My Intention session • Assess <i>body composition, functional movement screen and blood pressure</i> • Sensei Guide paired with you and weekly 30-minute check-ins • My Plan session
1:1 PRIVATE SESSIONS		
• Two private sessions including mindset, nutrition and fitness	• Two private sessions including mindset, nutrition and fitness	• One private or semi-private session of your choice each week
SPA OR WELLNESS SERVICES		
• Two massages or featured spa treatments (Thermal Body Mapping Experience is recommended to compliment your data collection)	• Two massages or featured spa treatments (Thermal Body Mapping Experience is recommended to compliment your data collection)	• \$6,000 in Wellness Credits (\$1,500 weekly) to use toward wellness consultations spa services, golf course or tennis court fees
POST STAY		
• Two post-stay calls with your Guide	• Two post-stay calls with your Guide	• N/A
ADDITIONAL PERKS		
• Unlimited Golf	• N/A	• N/A

ALWAYS INCLUDED

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