

SOMA LOCALS' RE-TREAT.

Recommended 1-2-day minimum stay
SOMA Succinct Stay

Already live or been to Santa Barbara, but have never experienced SOMA or the mind and body integration of SOMA methods? Join our team for a **SOMA LOCALS' RE-TREAT** and experience your health and well being, as Santa Barbara's beauty enhances our journey through movement and new perspective. Whether to find personalized guidance on fitness goals, lifestyle balance, or simply restoration join us for a SOMA succinct stay. Re-treat your inspiration with us for a self-sustainable practice each year or month becoming a SOMA GET FIT "in it for health and life" local!

SOMA LOCALS' RE-TREAT includes SOMA GET FIT's mind, body and spirit integration method and personal retreat concierge, consultation, and coaching in an eco-conscious environment, plus:

Customized SOMA Nutrition, Fitness Plan, and Training
Romero Canyon Warrior Hike
Local Santa Barbara Farmers Market Foray
Organic Picnic Lunch
Solace Sailing/ Special "K" Kayaking
Mission Rose Garden Hatha/Restorative Yoga
Sunken Garden Pilates
Facial & Body Treatments using all-natural Chivas Skin Care
Bodywork (Swedish/ Deep Tissue /Visceral Manipulation/ Aromatherapy)
Organic Dinner/Personalized Chef
SOMA Get Fit Organic, Green and Reusable gift bags
Quantifiable Health and Wellness Results

Your Choice additional Retreat options:

Pacific Beach Training Challenge
State Street Cycling Cruise
Beachside Horseback Riding
Leadbetter Stand-up Paddle Surfing
Vedanta Temple Meditation

* All pricing subject to change based on guest's final itinerary activities, number of participants, length of retreat, and/or any additional services requested to our SOMA concierge.
** Transportation to all SOMA Get Fit activities is included; most via hybrid transportation or by bike.
*** Hotel/Lodging is not included, but referrals are suggested via our SOMA concierge for your personal taste, comfort and budget.
**** Food during your SOMA GET FIT retreat is provided and either prepared by our personal chef working with you
***** SOMA GET FIT prides itself on making eco-conscious choices and use of local, green, reusable, organic and natural materials. SOMA GET FIT in addition, for each participating retreat guest, donates in your name trees from **Trees for the Future**: an organization that helps communities around the world plant trees through seed distribution, agroforestry training, and empowering rural groups to restore tree cover to their lands. Planting trees protects the environment and helps to preserve traditional livelihoods and cultures for generations, as well as provides a sustaining healthy environment for SOMA GET FIT to continue brining you health in the outdoors during your retreat!