



Your Personal Invitation to the FYT Corporate "Take a Break" Program

Are you looking for a team building activity that your employees will love? I want to personally invite you and your team to a completely NEW and effective form of team building! This customized corporate program offers team building in an unconventional setting--outdoors!

Research shows that taking your colleagues outdoors provides HUGE advantages and benefits. For starters, a hike through nature in just 90 minutes is proven to lower stress, boost morale and motivation, improves clarity and productivity, reduces negative thoughts, increases positivity, improves heart health and lowers cortisol levels.

So bring your team together and have some fun to generate a new energized spirit where you can all relax and immerse yourselves into nature all while building your community to RECHARGE, maximize creativity and feel passion and aliveness for your work and leadership skills. The following pages will explain more--I hope to talk with you soon!

Sincerely,

Your Local Certified Health Coach



What is Follow Your Trail?

FYT is a program about the transformation of the mind, body and soul in which small groups of participants (around 12) work together through a course for up to 12 weeks through hiking or other movement. The basis of this program is physical exercise, spiritual awakening (meditation), and emotional connectivity (conversation and sharing) - the evolution from week to week is profound. Each week is designed with an intention. Along with your choice of movement, there may also be an activity or action step to accompany the week. The weeks are designed to build upon the previous lessons and teachings. As every participant starts to peel back their emotional layers and dig deeper within, the magic starts to happen.

Why is this so important? In the busy world we live in today, we have lost the art of togetherness to the use of our cell phones, computers and the hustle of running our small businesses and companies. I have found that most of us live it alone, and we're getting... well, lonely. It is actually a rare thing these days for us to effectively come together as business people unless it is for a board meeting, evaluation, etc.

This program has proven time and time again that there is something about incorporating movement into every week that gives us this enormous sense of accomplishment and accountability that we all need to stay productive and creative. Each and every one of us has struggles; we may have bad days, bad months or even a bad year, but we find that when we step into our choice of movement, whether it's on a trail or into a yoga class, we feel different.

Liberated. Strong. Centered. Empowered. Grounded. I have witnessed this time and time again through this program.



The "Take a Break" Program Includes:

- + Guided customized hikes on self-discovery and self-realization
- + Setting of intention for each hike, use of props that I create for you
- + Action steps and private Facebook page for us all to join
- + Inspirational videos and sharing on private Facebook page
- + Meditation provided by spiritual healer Nicole Hoegl to go along with the intention (or use your own)
- + Branded merchandising "swag bag" which includes a journal, water bottle, coffee mug, and a trucker hat
- + Discounted group cleanse recipes to help you further in your own health through private Facebook page
- + Healthy snacks
- + Lots of bonding, connecting, sharing, laughing, hugging and high-fiving!

Choose Your Trail

- A. Take a Break - 2.5 hours - up to 12 people
- B. 1/2 Day Excursion - 4.5 hours - up to 15 people. (Bring your own lunch.)*
- C. Full Day Out of Office - 6 hours - up to 18 people. (Bring your own lunch.)*

* Bagged lunches available upon request, additional fees apply.

**"REMEMBER, TEAMWORK BEGINS BY BUILDING TRUST.
AND THE ONLY WAY TO DO THAT IS TO OVERCOME OUR NEED
FOR INVULNERABILITY." -- PATRICK LENCIONI**



Investment

Program pricing is available upon request. Your investment includes a customized program tailored to your specific corporate culture and needs.

The focus of hikes will include the following:

- + Goal setting
- + Work/life balance
- + Positive work environment
- + Health, wellness and work
- + Community and team building