

Guided Renewal Retreats and Customized Experiences



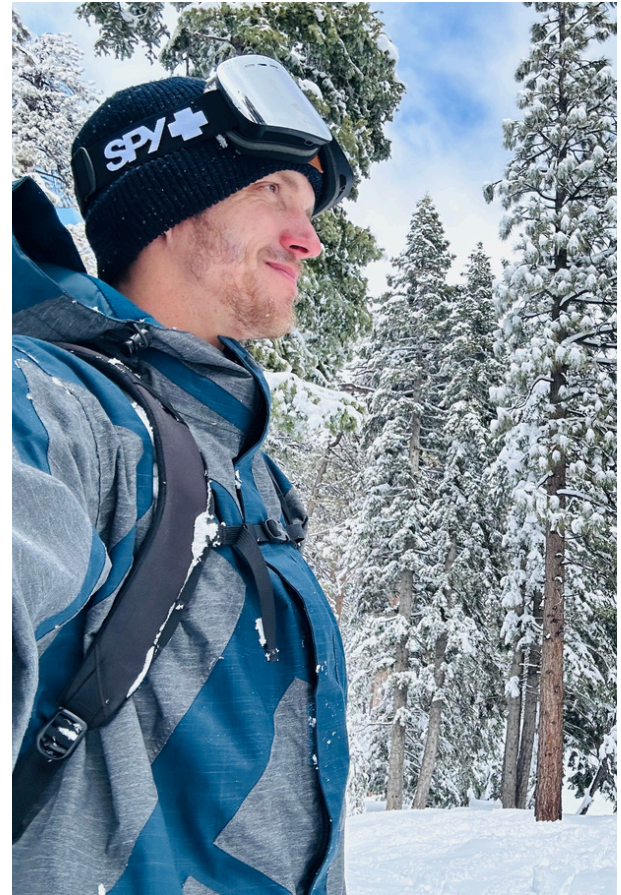
**Mindful Adventures For
The Mind, Body and Soul**

Facilitated By Scotty King

Are You Feeling A Call For Adventure?

Hello, I'm Scotty King!

I'm your healing breath, movement and awareness guide who is passionate about crafting, creating and facilitating mindful adventures that support people in their health, healing, wellness & spiritual journey. Through an integrated and holistic approach of the mind, body and soul, I work with people in designing an intentional, meaningful & transformational retreat style experience in a destination of your choice. For you to share with your closest friends, family or community. Together, we create a deeply connecting, heart-opening and soul-expansive experience to be forever treasured and remembered.



Of course I can't do this alone. Alongside my love and soon to be wifey, Madeline Henderson, we customize experiences catered to your vision, desires and needs. We will support you in bringing this vision alive, whether that's simply for the joy of sharing quality time and presence with friends, family & community.

Or if you're wanting a break from the responsibilities and busyness of life and you are needing space to disconnect from the noise of the world to reset, rejuvenate and reconnect with yourself by filling your cup up with newfound energy, vitality and awareness.

We create the structure, plan the logistics, facilitate the activities, and provide nourishment through healing foods. We love co-creating together and we can't wait experience mindful adventures with you and your community!

Transformation In The Adventure

Are You Seeking?

*Healthy, Wholesome & Nourishing
Meals & Nutritional Education*

*A fun, unique, dynamic and creative
experience for you, friends and family
to deepen connection together*

*Lifestyle tools, practices and skills to
help you feel more alive*

*Outdoor exploration, hiking, fitness,
Yoga, Breathwork & Meditation*

*Lifestyle Habits & Rituals that support
your radiance & vitality*

*Practices to be more peaceful, patient,
calm, relaxed and present*

Meet Your Guides



Scotty King

Mind, Body & Spiritual Guide

Scotty has been creating and leading local and international retreat experiences since 2018. He is the creator of ***Awaken Breathwork***. He facilitates Hiking, Movement, Yoga, Healing Breath, Meditation & Spiritual experiences at ***The Golden Door***. He loves creating safe space for people to explore the best versions of themselves through a journey of self-discovery and adventure.



Madeline Henderson

Culinary Creator & Space Activator

Madeline is a certified holistic health coach, with a self-taught passion for wholesome cooking. Her professional background lies within the realm of hospitality and intuitive wellness, where she has learned to marry the two. She is passionate about curating nurturing spaces where clients are guided to explore their inner landscapes. Through her presence - awareness expands, connection heightens and radiance is amplified.

To Begin This Adventure



Answering The Call

If this sparks your curiosity and inspires an idea, we will set up a time to chat on the phone and explore how we can design your vision to come alive. Whether it's for you and your partner, your family, your friends and community. Possibilities are endless!



Customize Your Adventure

With Scotty's qualified skills and experience in hiking, fitness, yoga, breathwork & meditation, partnered with Madeline's gifts of holistic knowledge & culinary goodness, we can customize a unique and memorable experience just for you. Let's play in our imaginations and discover the vision that wants to come to alive!



Planning & Logistics

Through co-creating and collaborating as a team, we will craft clarity around your desires, build the structure, customize the itinerary, plan the activities and curate the meals to fulfill a unique 3-5 day transformational retreat experience for you. Sit back, relax and enjoy the ride of this soon-to-be adventure!



DAY ONE

3D/2N

Sample Retreat Itinerary

AFTERNOON: ARRIVALS & CHECK-INS

Arrivals and check-in to location of home/facility
Settle In, Snack, Relax and Explore Nature

OPENING UP THE EXPERIENCE

Easy Mindful Breath, Stretch & Movement Flow
Introductions & Sharing Intentions

GROUP WELCOMING DINNER

Enjoy a healthy, nourishing and wholesome meal
Mindful Eating & Intentional Connections

EVENING BREATHWORK & MEDITATION

A 60 minute guided healing breath, awareness
and meditation journey followed by sharing and
reflection

LIGHTS OUT / BEDTIME

Off to bed for a restful night of sleep



DAY TWO 3D/2N

Sample Retreat Itinerary

- **AM HEART-OPENING YOGA MOVEMENT FLOW**
A 90 minute Yoga, Mindful Movement & Breath experience to open up our hearts for connection
- **BREAKFAST & REFLECTIONS**
Enjoy a healthy, nourishing and wholesome meal
Mindful Eating & Intentional Conversations
- **MINDFUL HIKING ADVENTURE**
A two-hour enjoyable hike to explore the beauty in the the outdoors of nature while sharing connection, wisdom and insightful conversations
- **FREE-TIME, PLAY, CHILL & RELAX**
Finding the joy in being, chilling and relaxing
- **GROUP LUNCH & CONNECTIONS**
Enjoy a healthy, nourishing and wholesome meal
Mindful Eating & Intentional Conversations
- **THE ART OF VULNERABILITY**
Experience a deeper heart-bonding connection
- **GROUP DINNER & SOULFUL REFLECTIONS**
Enjoy a healthy, nourishing and wholesome meal
Mindful Eating & Intentional Connections
- **EVENING FIRESIDE AUTHENTIC CONNECTIONS**
An evening by the fire connecting and sharing about our life experiences with vulnerability & presence
- **LIGHTS OUT / BEDTIME**
Off to bed for a restful night of sleep



DAY THREE

3D/2N

Sample Retreat Itinerary

● **AM HEART-OPENING JOURNAL & CACAO CIRCLE**

Group sharing circle & reflective journaling space partnered with a loving cup of ceremonial cacao

● **BREAKFAST & REFLECTIONS**

Enjoy a healthy, nourishing and wholesome meal
Mindful Eating & Intentional Conversations

● **MINDFUL HIKING ADVENTURE**

A one-hour enjoyable hike to explore the beauty in the outdoors of nature while sharing connection, wisdom and insightful conversations

● **GROUP LUNCH & CLOSING CEREMONY**

Enjoy a healthy, nourishing and wholesome meal
Reflections & Takeaways
Goodbye's

FREQUENTLY

Asked Questions

How Many People Do You Recommend For An Experience?

Anywhere between 2 - 10 people. If more than 10, we will need to bring on greater staff.

What If I Don't Have A Destination In Mind?

We can brainstorm a destination together and choose a place that feels exciting for your group to adventure into. International travel destinations are possible too.

What Is The Cost of Investment?

Typically, we will ask our flights to be compensated + our time, energy and effort in creating and facilitating the retreat experience. This cost varies depending on # of days and # of people. Because this is our passion and joy to share with the world, pricing is custom & flexible dependent on experience.

How Much Time and Planning Will Be Involved On My End?

We will take care of all the planning and coordinating of the activities, foods, experiences, etc. We will confirm and communicate directly with you to ensure everything is clear and aligned for all involved. We want you to relax and let go of needing to do as much as possible and trust in us to take care of everything for you. Clear and frequent communication is expected.

LET'S BRING YOUR VISION TO LIFE!

Whether it's a weekend getaway to one of your countryside homes, a celebration in your life, a dreamy local AirBnb, or an exotic destination you have in mind, we are your guides to help birth your idea into an experience of a lifetime.

You can trust in us to take care of all the leg work.

Our hope is that you leave your retreat experience nourished & renewed from inside-out. You will have left with lasting tools, insights & clarity, and have formed a deeper connection with life and those around you.

[CLICK HERE TO SCHEDULE A CALL](#)

We can't wait to create a sacred and transformative experience for you and your closest people to forever remember..

With Love,

Scotty & Madeline

