



RETREAT ARCHITECT

Sara Di Blasio

"Helps wellness
leaders bring their
retreat visions to life
—from concept to
on-site magic."

SERVICE PROPOSAL

ABOUT ME



Retreat architect and holistic guide with over 8 years of experience creating meaningful, transformative spaces. My background weaves together creation, yoga, meditation, emotional health, spiritual guidance, and group facilitation—giving me a unique perspective on how space, experience, and intention come together to support deep personal growth.

As a lifelong traveler and lover of life, I've come to believe that everything is possible when we align with our true essence. This belief informs the way I design—not just physical environments, but entire retreat experiences that feel grounded, soulful, and expansive.

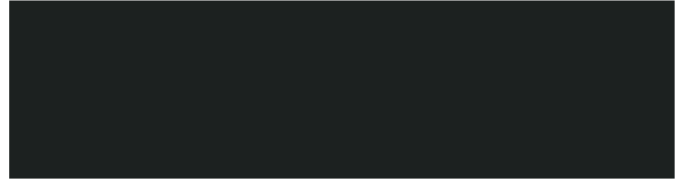
Whether I'm helping design your retreat center, curating activities, or supporting on-site coordination, my role is to help you hold space—with clarity, creativity, and care.

I'm also a natural connector, with a wide network of trusted professionals—healers, facilitators, local service providers, and wellness experts—ready to support your retreat and elevate the experience for your guests.

EXPERIENCES I LEAD

- MEDITATION
- YIN YOGA
- FLOW YOGA
- SUP YOGA
- ARIEL YOGA
- BLINDFOLDED YOGA
- RESTORATIVE YOGA
- YIN MASSAGE
- ACRO YOGA INTRO
- ACRO YOGA MASSAGE
- GROUP DYNAMICS
- OPEN CIRCLE CEREMONY
- WATER THERAPY PRIVATE
- WATER GROUP WORKSHOP
- BLINDFOLDED BEACH WALKS
- INTRO TO MANIFESTATION
- ART CREATION WORKSHOP
- BLINDFOLDED INTUITIVE DANCE
- WOMEN CIRCLES
- BLINDFOLDED CULINARY JOURNEY
- JOURNALING VISUALISATION
- BREAK THE ICE WORKSHOPS
- MEDICINE OF HAPE
- BODYPAINTING WORKSHOP

WHY INVEST WITH ME?



- SAVE VALUABLE TIME
- ENHANCE GUEST EXPERIENCE
- PROTECT YOUR ENERGY
- TIME FREEDOM
- PROFESSIONALISM & PRESENCE
- GUEST SATISFACTION
- HOLDS THE CONTAINER
- OPERATIONAL EASE
- EMERGENCY READINESS
- GROUP SUPPORT & GUEST CARE
- BACKSTAGE COORDINATION
- LOCAL INSIGHT & CONNECTIONS
- COST EFFICIENCY
- REDUCE MISTAKES

8 Years as a Retreat Creator

Tailored to Your Vision – and Your Guest Experience

Every retreat has a story. My design process begins with deep listening—to your goals, your values, and the unique experience you want to offer. Whether you're envisioning a wellness sanctuary, a spiritual refuge, or a luxury eco-retreat, I bring your vision to life through intentional, site-responsive design.

But I don't stop at architecture.

I also help shape the experience by referring activities that align with your retreat's intention, your guests' needs, your budget, and your schedule. From guided nature immersions to bodywork sessions, creative workshops, or local cultural experiences—I help you curate offerings that make your retreat not just a place, but a journey.

BASIC

Retreat Support & Consulting

For hosts who want to lead their own retreat but need help planning.

- **Initial consultation (2 calls)**
- **Sample retreat schedule recommendations**
- **List of recommended venues, chefs, transportation contacts**
- **Basic budget template + light assistance**
- **Optional: Promotion strategy guidance**
- **WhatsApp/Email support during planning phase**

PLUS

Co-Manager & On-Site Support

For hosts who want support before and during the retreat.

- **Everything in BASIC +**
- **Personalized session to co-create the perfect retreat itinerary**
- **Booking & coordination with vendors (chef, transport, experiences)**
- **Budget creation & real-time management**
- **Presence on-site for full retreat duration**
- **Hosting/Co-hosting support (if needed)**

FULL

For hosts who only bring the group—without organisation & management

- **All aspects of planning, coordination, and management**
- **End-to-end logistics (venue, transport, schedule)**
- **I can lead yoga/meditation sessions (if needed)**
- **Help on guest communication pre-retreat (emails, packing list, etc.)**
- **On-site leadership: holding space, teaching, managing flow**
- **Optional: Design marketing materials (page, flyer, etc.)**
- **Full group support throughout**
- **Full accomodation and presence on site**

****Kitchen personal managment is available at extra cost*