



ALIGNED 360
— TOTAL WELLNESS —

CORPORATE WELLNESS RETREATS

Step Away. Reconnect.
Return Stronger.

Transform your team with immersive retreats that inspire wellbeing, strengthen connections and drive sustainable performance.



“Wellness isn't a luxury for your team. It's an investment in your people, culture and future.”

WHAT'S INCLUDED

- Pre-retreat planning & consultation
We design a program around your goals and team needs.
- Wellness activities & workshops
Yoga, mindfulness, meditation, movement, breathwork and more.
- Nutritious meals & refreshments
Delicious, wholesome and locally sourced.
- Premium venues & accommodation
Handpicked locations that inspire and rejuvenate.
- Logistics & concierge support
Seamless travel, transfers and on-site coordination.
- Post-retreat integration & reporting
Tools, resources and insights to sustain momentum and measure impact.

RETREATS DESIGNED FOR PEOPLE. RESULTS THAT LAST.

Our corporate wellness retreats combine expert facilitation, premium locations and personalised experiences to help your team recharge, realign and reach their full potential.

RETREAT EXPERIENCES WE OFFER



DAY RETREATS AROUND VICTORIA

Reset, recharge and reconnect close to home. Perfect for teams needing a restorative day out.



INTERSTATE RETREATS AROUND AUSTRALIA

Expand horizons and strengthen team bonds in beautiful destinations across Australia.



INTERNATIONAL RETREATS ASIA & BEYOND

Transform your team with immersive wellness experiences in Bali, Thailand, Vietnam, Sri Lanka, India, Japan, New Zealand and more.



EXECUTIVE & LEADERSHIP RETREATS

Strategic offsites designed to inspire leadership, clarity and alignment.



TEAM BUILDING & CULTURE RETREATS

Build trust, improve communication and cultivate a high-performing team culture.



LUXURY WELLNESS ESCAPES

Premium experiences that blend relaxation, indulgence and personal renewal.

THE BENEFITS FOR YOUR ORGANISATION



IMPROVED WELLBEING
Healthier, happier and more energised teams.



HIGHER PERFORMANCE
Enhanced focus, productivity and creativity.



STRONGER CONNECTIONS
Deeper relationships and collaboration.



REDUCED STRESS & BURNOUT
Lower stress and improved resilience.



BETTER RETENTION
A positive culture that attracts and retains top talent.



LASTING IMPACT
Practical tools and habits that create long-term change.



Extraordinary locations.
Meaningful experiences.
Measurable results.

SAMPLE RETREAT JOURNEY 3 DAY / 2 NIGHT EXPERIENCE



DAY 1 ARRIVE & RESET

Arrive, unwind and connect. Opening circle, mindfulness session and sunset dinner.



DAY 2 RECHARGE & GROW

Wellness activities, workshops, team building, free time and restorative experiences.



DAY 3 REFLECT & RENEW

Morning movement, reflection session and action planning. Leave inspired and aligned.



Every retreat is customised to your goals, budget and team preferences.

INSPIRING DESTINATIONS



BALI



THAILAND



VIETNAM



SRI LANKA



INDIA



NEW ZEALAND

And many more incredible destinations across Asia Pacific and beyond.

IDEAL FOR



Leadership Teams



Offsites & Strategy Days



Team Building



Wellbeing Initiatives



Milestone Celebrations

WE TAKE CARE OF EVERYTHING SO YOU CAN FOCUS ON WHAT MATTERS MOST – YOUR PEOPLE.



EXPERT FACILITATORS & WELLNESS PROFESSIONALS



TAILORED PROGRAMS TO YOUR GOALS



PREMIUM LOCATIONS & EXPERIENCES



SEAMLESS PLANNING & SUPPORT



MEASURABLE OUTCOMES THAT MATTER

LET'S CREATE A TRANSFORMATIVE RETREAT FOR YOUR TEAM.

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— TOTAL WELLNESS —

WELLBEING TODAY. STRONGER TEAMS TOMORROW. EXTRAORDINARY FUTURES TOGETHER.