

## WELLNESS RETREATS

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Discover. Experience. Transformative

Welcome to Retreat Season. Your well-being isn't a trend but a lifestyle and here at Carillon Miami, our mission is providing our guests with access to immersive programs, guided by experts in nutrition, integrative medicine, personal development, health and everything in between to support you in your path to optimal health.

Carillon Miami now offers 3-day luxury wellness retreats coming this May – November, ideal for solo, couple or group vacations.

Take a few days for self-care to learn, get healthy and have fun with an array of experts, a world-class spa, spacious luxury apartments, 20+ group fitness classes daily and 700 linear feet of beachfront to disconnect, rejuvenate and revitalize.

### *Available Experiences*

