



About The Event

Replenish Retreats in collaboration with FUELLED Ltd is excited to host our first ever exclusive health retreat focused on assisting five deserving ladies to accomplish a healthy “RESET.” This retreat will take place over July 17th - 19th at the stunning Oswego Island. The retreat kicks off the Friday evening with introductions, a welcome dinner and group activities. Be prepared to dig deep. The purpose of this weekend reset is to show up, bring our authentic selves learn, laugh and take steps toward a healthier life.

Pick Up

Friday July 17th, 2020

Location: Black Horse Dock, St. Davids

Time: 5:00 p.m.

Drop Off

Sunday July 19th, 2020

Location: Black Horse Dock, St. Davids

Time: 4:00 p.m.

The Event Consists Of:

- Two beginner yoga sessions
- One life coaching group session
- Healthy cooking & one interactive demo
- Circle time & Group activities
- Relaxation & Reflection

Why Attend

If 2020 has been a difficult year for you to nail down your healthy habits, you are not alone. Coronavirus rapidly changed the livelihoods of many of us, especially women. Now more than ever we have increased responsibilities to juggle family, work, life and our health often comes last. If you are fed up with your health regime, or just looking to shake things up with a weekend escape aimed at self-improvement then this retreat is for you. We have rounded up some of Bermuda's best health & wellness leaders to guide you to becoming a healthier you.

Pricing & Payment



Gold Package (Private Room, Shared Bathroom) \$1,550.00 Limit of two*

Includes: Six Healthy meals + Interactive cooking demo by Integrative Health Coach Agathe Holowatinc, Two Beginner sunrise yoga sessions led by Ewa Gutowska and Emily Polasik from Lucky Elephant Wellness, 1 Group Life coach session with Claire James, 1 Replenish Retreats Swag Bag.

Accommodation: Private Room Quantity (1) Sleeping Arrangements: Queen Bed

Silver Package (Shared Room, Shared Bathroom) \$1,450.00 Limit of three*

Includes Six Healthy meals + interactive cooking demo by integrative health coach Agathe Holowatinc Two Beginner sunrise yoga sessions led by Ewa Gutowska and Emily Polasik from Lucky Elephant Wellness 1 Group Life coach session with Claire James 1 Replenish Retreats Swag Bag.

Accommodation: Shared Room Quantity (1) Sleeping Arrangements: Single Bed (3)

Payment Options

- A non-refundable deposit of 50% is required upfront to reserve your spot
*See cancellation policy below
- Final Payment required no later than Friday July 3, 2020
- One time payments are also accepted

Cancellations are non-refundable unless extreme circumstances can be proven (i.e. death of a loved one, illness that would prevent participation, or a random act of God)

Payment Options:

- Direct deposit HSBC account 010-510659-011
- Or pay via credit card on the Registration/Online payment form

(Receipt & Confirmation to be sent to email provided)



Meet the Team

Agathe Holowatinc, Certified Integrative Nutrition Health Coach



Agathe Regina Holowatinc, MLIS, INHC, is a passionate advocate of real food, holistic approaches to health and communicating big ideas in a simple way. She believes that vibrant health is our birthright and that achieving optimal health is the best springboard for achieving all of our biggest dreams.

Agathe is a Certified Integrative Nutrition Health Coach, having graduated from the Institute of Integrative Nutrition® in New York City and is trained in modern health coaching, eastern and western nutrition philosophies, and relating the impact of dietary and lifestyle changes on



optimal health to others. She is Director & Co-Founder at FUELLED Bermuda Ltd., whose mission is to help the people of Bermuda realize massive and measurable success in their healthy-eating related goals. Her business partner at FUELLED Bermuda is Former World Middleweight Boxing Champion & Crossfit Competitor, Teresa Perozzi. Together they offer healthy cooking demos, personal chef services, 1-on-1 Integrative Nutrition Coaching, nutrition and healthy lifestyle presentations, FUELLED book sales and signings, upleveling restaurant and bar menus and a BASASS BAKERY (healthy treats, made to order). They also create inspirational products and have just launched their FIT & FUELLED BERMUDA 2020 12-MONTH CALENDAR (available for \$20 while supplies last)!

Agathe loves to cook and has spent 20+ years thinking about how she can deliver food that will actually benefit those who eat it — That will actually FUEL their bodies. She is so passionate about healthy cooking that she wrote a handbook called FUELLED: Transform Your Body | Enhance Your Energy | Supercharge Your Life in 2018 in order to share her philosophy, tips and recipes with Bermuda and the rest of the world.



Emily Polasik, Yoga Instructor from Lucky Elephant Wellness



Emily has always been passionate about movement and wellness, and found yoga in 2009 as cross training for dance. She values the connection of breath and fluidity to movement, and you can find inspirations of dance and other movement forms in her yoga classes. She became a certified RYT200 instructor in 2014 under Oceanic Yoga in Koh Samui, Thailand, and is currently studying with Laughing Lotus, NYC for her 500hr certification. Additionally, Emily has trained in Kids Yoga and Pilates.



Ewa Gutowska, Yoga Instructor from Lucky Elephant Wellness



Ewa has an athletic and bodybuilding background, and she started the practice of yoga in late 2013. After the discovery of Power Yoga Canada and the completion of Baron Baptiste 40 Days to Personal Revolution program in February 2014, her life has never been the same. Immediately after this powerful program and new awareness, Ewa signed up for a 200-hour Teacher Training Intensive with Kinndli McCullum in June 2014 at Power Yoga Canada.

The completion of yoga teacher training set Ewa on a path where she wanted growth and knowledge. She began the study of reiki with a dear friend and reiki master Ann O'Brien. Ewa is now a certified Reiki Level 2 practitioner with the intention of becoming a certified Reiki Level 3 practitioner. Recently, she has completed Stand-up Paddleboard (SUP) Yoga Teacher Training with John Fortin, Yin Yoga Teacher Training with Joe Barnett and Level One with Baron Baptiste. The practice of Baptiste Yoga has helped Ewa to empower her body, mind and spirit, awaken passion, creativity, authenticity and the love for community. Ewa plans to continue her yoga education and personal development by becoming a certified Baptiste teacher.



Claire James, CPC, ELI-MP, Core Energy Leadership Coach™



Founder CJ Ritchie & Associates

Focus: Performance, Leadership & Change Management.

Change takes courage. You don't have to do it alone.

The only constant in an extraordinary life of performance and leadership across the globe is Claire's love for supporting, inspiring and elevating the genius, brilliance and individuality that she sees in others.

With an inside out approach and research backed, cutting edge tools, Claire combines her interdisciplinary experience, knowledge and gifts to curate a safe and transformational space for intuitive, creative and future-focused leaders, groups, businesses and individuals who choose to be at the cause, rather than the effect of their lives. By honouring your greatest dreams and conquering your deepest fears, you too can triumph through transition and thrive.



Thoshlae Williams, Facilitator & Founder



A quest for health and wellness is what wakes Thoshlae (Thosh) up in the morning. She starts each day with yoga, mindfulness, journaling and green juice. After encounters with anxiety in university she quickly turned to meditation, prayer and an active lifestyle to help her cope whilst living in Halifax, Nova Scotia for 10 years. During those years, she also became an avid lover of Zumba at Goodlife Fitness and tennis. Growing up in Bermuda, Thosh was raised to believe in women empowerment first as a Cedar Hill Girl Guide, and later as a member of CedarBridge Academy's Girls Club. The knowledge she gained by participating in those circles undoubtedly shaped her into the person she is today. She genuinely cares about the struggles of women and particularly minority women. A topic she studied in gender and women studies at Dalhousie University whilst obtaining her BA in Journalism from DAL's sister school, University of Kings College.

Her vision is for Replenish Retreats to guide women from all backgrounds to find their way to a holistically healthy lifestyle under the guidance of the best health experts. Participants can also expect to gain sisterhood from like-minded individuals around the world.



Thosh takes pride in planning and executing her vision with a keen eye for detail. She is confident that her knowledge as a Co-Owner of ELEVATE Host Services combined with past experiences in managerial roles will enable her to make Replenish a success.

Thosh looks forward to welcoming you to Replenish Retreats in 2020

Featured Retreat Accommodation: Oswego Island



Relaxation is made easy at Oswego Island! The island is located on the East End of the island off of St Davids island. There are two docks at the property and inside a three bedroom, three bathroom traditional style house with new features designed to let the outdoors in. Upstairs consist of an open concept living, kitchen and dining space. Whilst downstairs features the bedrooms, two bathrooms, games area and closet space. We know you will love the oversized island kitchen in the morning. To read more on Oswego Island visit www.owegoisland.com



Steps Against The Spread Of Coronavirus

- Proof of negative Coronavirus test results is required to attend the retreat Sign up [here](https://bdagovcovid.resqwest.com) (<https://bdagovcovid.resqwest.com>) to be tested for FREE
- Temperature checks will occur prior to boarding the boat
- Wear a mask while in transit to Oswego Island. If you do not have a mask one will be provided to you
- We will supply hand soap and hand sanitizer at the retreat but you are also welcome to bring your own

Register Today!

We are so excited that you have decided to participate in this retreat experience. Please click below to fill out our registration form.

[Register & Pay Online](#)

[Register Without Online Payment](#)

Questions & Concerns

Please do not hesitate to email info@replenishretreats.co. We will do our best to get back to you as soon as possible.