



LIVING WELLNESS at SERENBE with Steve & Marie Nygren

**A Wellness Community in Chattahoochee Hills, Georgia, USA
October 12 - 14, 2017 | Global Wellness Summit**

Wellness Communities – The Next Frontier

The elusive conversation about a trend in people wanting to live in wellness communities and embrace healthy building and lifestyle real estate will get the attention it deserves later this year. Why? Well, for the first time ever, there will be numbers associated with this reality. Thanks to the first movers and our Global Wellness Institute researchers who are studying this and sharing their findings, there will be a shift from theory to reality. Look for locations like these to lead the way: [BedZED](#), [NW Bicester](#), and [One Brighton](#) in the UK; [Lake Nona](#), [Serenbe](#), [Grow Community](#), [Destination Medical Center](#), [The Cannery](#), and [The District](#) in the U.S.; [TAO Inspired Living](#) and [Tres Santos](#) in Mexico; [Avira](#) and [Boga Valley](#) in Malaysia; and [Drömgården](#) in Sweden.

Join Steve and Marie Nygren, creators of Serenbe and GWS delegates, as we explore and learn more about Wellness Communities at Serenbe. Located in Chattahoochee Hills, Georgia (aka Chatt Hills), Serenbe is less than 30 minutes away from Atlanta's Hartfield Jackson Airport. Accessible to over 80% of the United States in two hours or less, Serenbe feels miles away from the craziness that abounds in our cities.



Thursday, October 12

Make your way to West Palm Beach Airport - approximately 10 minutes from The Breakers via taxi. There are two Delta non-stop flights departing at 12:15p or 1:45p (subject to change). Or if you prefer, you may fly on Southwest at 12:55p.

Upon arrival at Atlanta Hartsfield-Jackson Airport, take LYFT (remember to download their app!) for the short 25-minute ride at an approximate cost of \$15-20 USD.

Welcome to Serenbe!

10950 Hutcheson Ferry Rd.
Chattahoochee Hills, GA 30268
+1 770-463-2610



3p Check-in to your beautiful accommodations in the Community

4p Site visit (hike/ walk the property) and bamboo juice tasting. Join Steve for a lovely hike as he shows us the one of the communities that comprise Serenbe (comfortable walking shoes are advised). Each of Serenbe's four hamlets have complementary commercial centers focused on the elements of a well-lived life: arts for inspiration, agriculture for nourishment, health for wellbeing and education for awareness.

5p Group Labyrinth walk

6:30p Cocktails & Dinner with program at The Farmhouse House Inn. This evening we will meet the people who run the Serenbe Institute, Artists in Residence Program, Medical programs and residents who will tell us more about life in this wellness community.

7:30 – 9:30p Group dinner at The Farmhouse Inn. Chef Thaddeus Barton reimagines the farm-to-table menu each month with a focus on seasonal and local ingredients which he sources from the farmhouse kitchen garden, nearby farmers and artisanal producers. After dinner, there is a lovely bar where we can gather and enjoy drinks together if you aren't yet ready for bed!

Option to stay at Atlanta Airport for the evening. A list of hotels will be provided upon request. We are happy to help you with this reservation or you may do it on your own. LYFT provides "on demand" rides to the airport hotels for under \$20.

Friday, October 13

7 – 10a Breakfast at the Farmhouse Inn

8 – 10a Morning trail hike OR option to do yoga or Pilates*

10a -1p Program of activities at Serenbe with Steve Nygren which will include:
Tour of the organic farm
Tour of the medical garden in Mado with a harvesting class
House tour in each Hamlet– meet residents, learn more about the vision behind each hamlet, what it means to live in Serenbe with a focus on how the built environment effects our wellbeing

1p – 3p Lunch on your own. Options in the community include the Blue Eyed Daisy where in-house pastry chef Candi Pittman was declared winner of the Food Network’s “Cupcake Wars,” brand-new Yumi Sushi, or the Hil, a refined, yet informal, neighborhood restaurant with a dedication to serving simple, farm-fresh cuisine.

OR Free time to horseback ride, book a spa treatment, visit the animals, relax by the pool*

3 – 4:30p Group discussion on “wellness communities” with Steve and other members of the Serenbe team

4:30p End of One-Day Itinerary. Option to stay at Atlanta Airport again for the evening. LYFT provides “on demand” rides to the airport hotels for under \$20. Free shuttles are provided from the airport hotels to the terminal.

5:30p Cocktails & Continued Discussion about wellness communities and “Placemaking” at the gorgeous home of Serenbe owners, Steve and Marie Nygren located in the hamlet of Selborne

6:30p Casual homemade Dinner lovingly prepared by gifted cook, Marie Nygren in her home!

8p Performance in Nature at the Serenbe Playhouse – Tonight we will see “Sleepy Hollow”



Saturday, October 14

7a – 10a Breakfast at the Farmhouse Inn



9a Option to Visit to the Serenbe Farmer's Market and enjoy the grounds and facilities of the Communities at Serenbe



Departures to Atlanta Hartsfield Jackson Airport for your flight home. LYFT provides "on demand" rides for under \$20.
Safe travels!

*extra applies for Pilates, yoga, spa treatments and horseback riding. It is suggested that if you wish to participate in these activities that you book them in advance.

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

PRICING:

One-night tour: \$395 USD per person

**Two-night tour: \$795 USD single occupancy
 \$1,560 USD double occupancy**

Included in Two-Night Tour Pricing:

- *2 night accommodations in the community of Serenbe (note: there are a variety of lodging options in the Community of Serenbe; most have 2 bedrooms / 2 bathrooms/ living room/ dining room & kitchen so you may be paired with someone else in your house. You will have a private bedroom & bathroom either for one or two people)*
- *Breakfast daily at the Farmhouse Inn*
- *Dinner at the critically-acclaimed Farmhouse Restaurant featuring seasonal cuisine with locally-grown ingredients from Serenbe at Chatt Hills*
- *Two cocktail receptions*
- *Private dinner at the home of Steve & Marie Nygren, owners of Serenbe*
- *Trail Hike*
- *Labyrinth Experience with Bamboo Juice Tasting*
- *Extensive tours of Serenbe with talks on Wellness Communities & opportunities to meet with those who live and work in the Community*
- *Ticket to theatrical performance of "Sleepy Hollow" at the Serenbe Playhouse (the only outdoor, site-specific theater in the Southeast!)*
- *Complimentary WiFi*
- *All local taxes*

Included in One-Night Tour Pricing:

- *One-night accommodations at the Inn*
- *Breakfast on Friday, Oct 13th at the Farmhouse Inn*
- *Dinner at the critically-acclaimed Farmhouse Restaurant featuring seasonal cuisine with locally-grown ingredients from Serenbe at Chatt Hills*
- *One cocktail reception*
- *Trail Hike*
- *Labyrinth Experience with Bamboo Juice Tasting*
- *Extensive tours of Serenbe with talks on Wellness Communities & opportunities to meet with those who live and work in the Community*
- *Complimentary WiFi*
- *All local taxes*

We highly recommend purchasing trip cancellation insurance www.travelex-insurance.com.

Note: itinerary subject to change

Does not include airfare and r/t transfers.

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Please note:

This trip is quoted in USD. **For payments by credit card please add 3% merchant fee to the total.** A 25% non-refundable deposit is due at time of booking. Final payment is due 30 days prior to arrival or if it is already within 30 days, then full payment is due at this time.

Itinerary details are subject to change.

CANCELLATION POLICY

Cancellation up to 60 days prior to arrival
Cancellation 30-59 calendar days prior to arrival
Cancellation within 30 calendar days prior to arrival

25% of total tour price is non-refundable
50 % of total tour price is non-refundable
100% of total tour price is non-refundable

serenbe



**GLOBAL WELLNESS
SUMMIT**
JOINING TOGETHER. SHAPING THE FUTURE.

