

# The Space Between Meetings

Curated Luxury Wellness Experiences for Meetings, Retreats  
& Intentional Gatherings.

Designed to Inspire Connection, Restoration & Well-Being



[www.thegorgeoussoul.com](http://www.thegorgeoussoul.com)

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01.

# Rest & Restoration

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## Recharge Lounge

A mindful space to rest, reflect, and disconnect to reconnect.

Designed as a quiet retreat from the pace of the meeting, the Recharge Lounge invites guests to slow down through sensory experiences, reflective rituals, and moments of calm. Open throughout the event, the space encourages restoration, presence, and connection.

### Device-Free Moments

A thoughtfully designed tech-free environment with secure device storage, quiet seating areas, and calming sensory details that encourage guests to unplug and reset.

### Reflective Rituals

Journaling prompts, watercolor painting, mandala coloring, and tactile art experiences encourage mindfulness, creativity, and reflection.

### Nature & Sensory Elements

Greenery, natural textures, ambient soundscapes, and aromatherapy create a calming environment inspired by the surrounding landscape.



# Healing Baths

Immersive wellness experiences designed to restore balance, encourage presence, and reconnect with nature.

## Ritual Baths

Immersive bathing rituals featuring botanicals, mineral salts, aromatherapy, and calming sensory elements curated around relaxation, detoxification, or energy renewal.

**Relaxation:** Lavender, chamomile, and rose quartz

**Detoxification:** Eucalyptus, rosemary, and black tourmaline

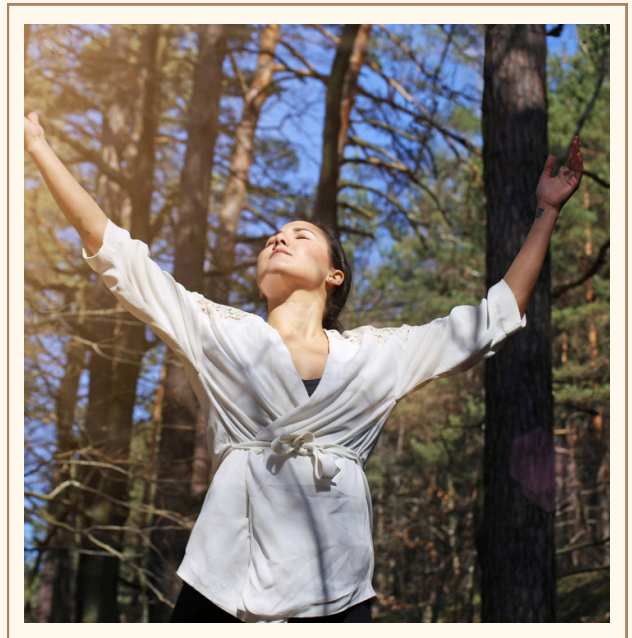
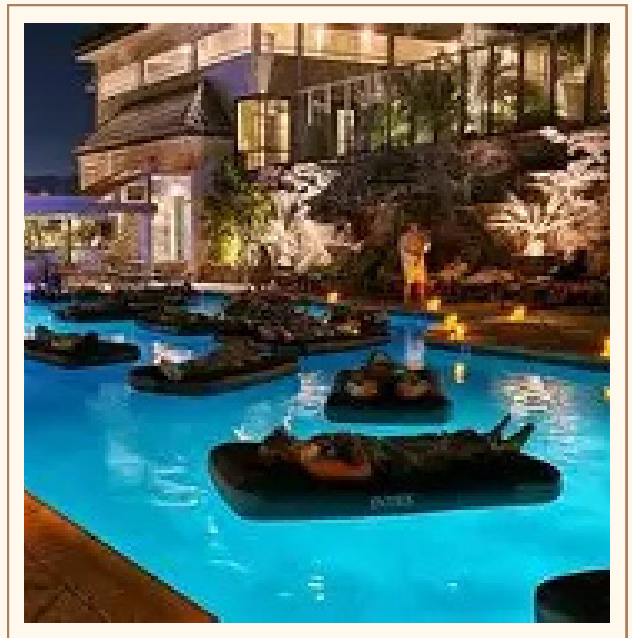
**Energy Renewal:** Peppermint, citrus, and clear quartz

## Sound Baths

Meditative sound experiences featuring crystal singing bowls, chimes, and resonant frequencies designed to encourage deep relaxation, clarity, and restoration.

## Forest Bathing

Guided experiences in nature that invite guests to slow down, engage their senses, and reconnect with the surrounding landscape through mindful movement and observation.



02.

# Mindfulness & Presence

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# The Art of Presence

Guided experiences designed to cultivate mindfulness, connection, and intentional moments throughout the day.

## Mindful Eating

An interactive experience centered around intentional eating practices that invite guests to slow down, savor each moment, and foster a deeper connection with food and well-being.

## Walking Meditation

By bringing awareness to each step, you'll cultivate mindfulness and presence, reconnect with your body, and ground yourself in the moment. This fosters balance, relaxation, and a deeper connection to your surroundings.

## Group Meditation

Recharge your mind and body with a guided Yoga Nidra meditation, designed to promote deep relaxation and mental clarity. Perfect for a morning reset or an afternoon wind-down, this practice helps reduce stress and enhance focus.



03.

# Culinary & Connection

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## Longevity Cooking Experience

A hands-on culinary experience inspired by the world's longest-living communities.

Gather with your group for a hands-on culinary experience inspired by the world's longest-living communities. Together, guests prepare seasonal, plant-forward dishes using thoughtfully selected ingredients known for their nourishing qualities and connection to overall well-being.

As guests chop, mix, and cook, the experience explores the principles of mindful eating, longevity, and the rituals that bring people together through food. The experience concludes with a shared meal designed to foster conversation, connection, and discovery around the table.



# Longevity Mocktail Station

An Interactive Wellness & Connection Experience

A vibrant, hands-on mocktail experience designed to encourage mindful gathering and connection through seasonal, wellness-inspired ingredients. Guests create refreshing alcohol-free cocktails featuring citrus, herbs, berries, and botanical elements selected for both flavor and balance.

Inspired by the principles of Blue Zones living, each guest leaves with a personalized mocktail recipe to recreate at home.

# Hydration Science Bar

Fueling Energy, Focus & Performance

An interactive hydration experience designed to support energy, focus, and overall well-being through intentional hydration practices. Guests create personalized electrolyte-forward beverages while exploring approachable strategies that support daily balance and restoration.

Each guest leaves with a custom hydration blend and simple wellness tips to continue the ritual beyond the gathering.



04.

Reflection & Discovery

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## Nature Scavenger Hunt

Guided Exploration & Discovery

An immersive outdoor experience designed to foster connection, collaboration, and presence through nature. Guests move through guided activities inspired by the surrounding landscape, blending mindful exploration, sensory discovery, reflective moments, and team-based challenges. Experiences may include guided walks, breathwork, intention-setting prompts, and moments of stillness designed to encourage connection with both nature and one another.



## Guided Visioning Experience

Intention Through Creative Expression

A reflective creative workshop designed to encourage clarity, intention, and personal exploration. Through guided prompts, mindfulness practices, and intuitive vision board creation, guests are invited to pause, reflect, and visually explore the next chapter of their personal or professional journey.

Experiences may include breathwork, intention-setting rituals, guided reflection, and creative exercises designed to foster inspiration, connection, and renewed perspective.



## Metabolic Health Session

Optimizing Energy, Focus & Longevity

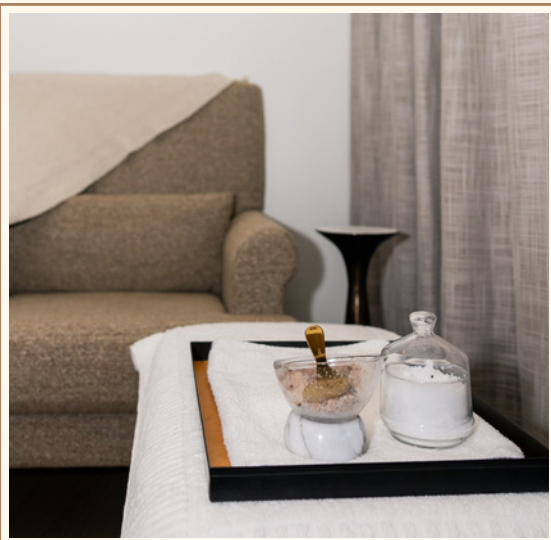
An interactive wellness session exploring the connection between daily rituals, sustained energy, and overall well-being. Through guided conversation and experiential moments, guests discover approachable practices designed to support balance, focus, and vitality.



## Ayurvedic & Lymphatic Wellness

Supporting Detox, Balance & Daily Vitality

A grounding wellness experience blending Ayurvedic principles with restorative daily rituals. Through guided discussion and experiential moments, guests discover simple practices that support balance, mindfulness, and overall well-being..



## Guided Breathwork Experience

Regulating the Nervous System-Focus & Calm

A guided breathwork experience designed to reduce stress, restore balance, and encourage mental clarity through intentional breathing techniques. Guests are guided through calming practices that support relaxation, focus, and overall well-being while creating space to slow down and reconnect throughout the day. The experience concludes with simple breathing tools and restorative rituals that can be incorporated into everyday life.



# Salt Blending Rituals

## Ritual Salt Blending Experience

Slow down and reconnect through this immersive wellness workshop where guests blend their own restorative bath salts using mineral-rich salts, fragrant herbs, flowers, and botanical ingredients. Equal parts creativity and self-care, this experience invites intention, connection, and a beautiful reminder to bring a moment of wellness home.

# Human Design Sessions

## Discover How You're Designed to Connect, Communicate & Collaborate

Experience the transformative power of our Healing Baths Rituals, designed to restore balance, promote relaxation, and connect you to nature. Each bath is a journey of renewal, blending ancient traditions with modern wellness.

These sessions go beyond self-discovery—they are interactive and fun, offering opportunities to explore how your design complements and contrasts with those of your teammates, friends, or family. Learn practical strategies for communication, collaboration, and connection that can help you all succeed together.

Human Design sessions offer an interactive, team building & transformative experience to deepen your understanding of yourself and those around you in your personal and professional relationships.



05.

Curated one-day Retreat

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# The Space Between Meetings

## One-Day Wellness Retreats

*Curated by The Gorgeous Soul*

Luxury wellness experiences designed to restore energy, inspire connection, and create meaningful moments of pause in our busy lives.

## A Day to Reset

The Space Between Meetings is a thoughtfully curated one-day wellness retreat that brings together movement, mindfulness, culinary experiences, nature, and personal growth.

Designed for luxury hotels, resorts, corporate groups, and wellness-minded travelers, each experience is customized to reflect the destination, season, and audience.

Guests leave feeling refreshed, connected, inspired, and restored.



## Signature Experiences

Choose from a curated collection of wellness offerings



- Floating Sound Baths
- Yoga & Mindful Movement
- Guided Meditation
- Breathwork Experiences
- Human Design Workshops
- Nature Walks & Forest Bathing
- Culinary Garden Tours
- Blue Zones Cooking Experiences
- Longevity & Wellness Workshops
- Herbal Tea & Tincture Experiences
- Salt Blending Rituals
- Reiki & Energy Sessions
- Journaling & Intention Setting
- Wellness Marketplace Experiences
- Spa & Recovery Experiences



## Sample Retreat Workflow

- 8:30 AM Welcome Gathering & Wellness Beverage
- 9:00 AM Yoga, Breathwork & Mindful Movement
- 10:00 AM Floating Sound Bath
- 11:15 AM Poolside Wellness Experiences & Free Time
- 12:30 PM Culinary Garden Tour & Chef-Led Lunch
- 2:00 PM Personal Growth Workshop
- 3:30 PM Spa, Pool & Relaxation
- 5:00 PM Closing Reflection & Intention Ceremony



## Perfect For

- Luxury Resorts
- Boutique Hotels
- Corporate Retreats
- Leadership Gatherings
- Women's Retreats
- Wellness Weekends
- Private Groups
- Destination Events



## Optional Enhancements

- Overnight Accommodations
- Spa Treatments
- Private Wellness Sessions
- Chef's Table Experiences
- Sunset Dinners
- Wellness Gift Bags
- Corporate Team Building
- Custom Retreat Themes





## Retreat Themes

### The Sunday Reset

Rest, recharge, and prepare for the week ahead.

### Nourish

A culinary wellness retreat focused on longevity, nutrition, and mindful eating.

### Sleep & Restore

Tools and practices for deeper rest and recovery.

### The Women's Circle

Connection, reflection, and renewal.

### Seasonal Renewal

Inspired by the rhythms of nature and the changing seasons.

### Mindful Leadership

A retreat designed for leaders, teams, and professionals.



# Curated. Customized. Seamless

## Your Wellness Partner

**Jill Cerutti**

*Founder, TheGorgeous Soul*

After more than 30 years in hospitality leadership, I came to understand that some of the most meaningful moments happen not during the meeting itself, but in the space between the agenda—the moments where people connect, reflect, recharge, and build stronger relationships.

Throughout my career leading sales teams, developing hotels, and creating guest experiences, I witnessed firsthand the pace and pressure placed on leaders, teams, and organizations. My personal journey into mindfulness, wellness, and self-discovery revealed the powerful impact that intentional moments of pause can have on creativity, connection, well-being, and performance.

Combining my passion for hospitality and wellness, I founded The Gorgeous Soul and created The Space Between Meetings—a collection of thoughtfully curated wellness experiences designed to bring balance, connection, and restoration into meetings, retreats, and gatherings.

Today, I partner with organizations, resorts, and event planners to create meaningful experiences that inspire connection, encourage presence, and help people leave feeling more energized, engaged, and connected than when they arrived.

My hope is that every experience creates space for people to slow down, reconnect with themselves and one another, and discover that sometimes the most impactful moments happen between the meetings.

