Corporate Wellness & Community Impact Partnership

A Collaboration between You, Rising Spirit Retreat & MannaHelp

The Partnership

Choosing **Rising Spirit Wellness Retreat** for your next corporate wellness, team building or quarterly meeting initiative, means your company invests in more than employee wellbeing — it strengthens the social fabric of our community.

Each executive or team experience at Rising Spirit directly supports **Mannahelp**, a registered Canadian charity that delivers food hampers, hygiene kits, and hope to families across **Durham Region, Ontario**. This partnership transforms routine wellness spending into measurable community impact, aligning your organization's **ESG and CSR goals** with a tangible, local difference. It's an elegant way to rejuvenate your people while ensuring no family in our region is left behind.

Key Business Benefits:

- Enhance employee engagement, retention, and productivity.
- Improve team cohesion and alignment with measurable outcomes.
- Align corporate wellness initiatives with Environmental, Social and Governance Goals
- Demonstrate leadership in social responsibility and community impact.

When Strategy Turns into Symmetry

Stress management, team alignment, and mindful leadership are no longer "nice-to-haves" — they are strategic essentials for sustainable success. Whether your organization is pursuing higher sales targets, navigating change, or fostering innovation, a **Rising Spirit Wellness Retreat** transforms these challenges into opportunities for growth. Through curated experiences that blend **mindfulness, collaboration, and restorative balance**, we help your teams reset, reconnect, and return with renewed purpose. At **Rising Spirit**, strategy becomes symmetry — where focus and wellbeing align to create the conditions for peak performance.

Testimonial: "We hosted a team coaching session at Rising Spirit, and it was a valuable opportunity to de-stress, recharge, and focus on personal growth through a Pink Coach workshop and activities like yoga, meditation, and healthy eating. Wellness is something we need to give more energy and thought to while building and supporting our team."
— Nina Romano, Insurance Agency Inc.

Measurable Outcomes for Businesses:

- Post-retreat outcomes consistently show meaningful reductions in perceived stress and improvement in clarity and purpose; peer-reviewed studies of short mindfulness interventions and retreats report significant improvements in stress and wellbeing.
- Enhanced team collaboration, creativity, and problem-solving metrics tracked pre-gand post-retreat.
- Customizable KPIs tailored to your organization's wellness and productivity goals.

About Rising Spirit

Nestled along the serene **Ganaraska River in Orono, Ontario**, Rising Spirit Retreat offers a five-star wellness experience designed to restore energy, spark inspiration, and foster connection. Just 25 minutes from Oshawa and an hour east of Toronto, our retreats create space for reflection, rejuvenation, and team building.

Our space comfortably accommodates groups of up to 40 guests for day retreats. A minimum of 8 people are needed for a retreat (or a surcharge of 20% is added for groups less than 8). Capacity varies by season and by how you'd like to use our indoor and outdoor areas, ensuring you have the right setting for your goals. Our overnight accommodations comfortably host up to 10 guests in shared rooms, offering a warm, communal environment ideal for team connection and deeper retreat experiences.

At Rising Spirit, **no two workplace wellness retreats are the same.** Each experience is thoughtfully designed around your organization's needs, culture, and desired outcomes — creating a tailored retreat that supports your team in the most meaningful way.

Offerings include:

- Day retreats or overnight stays.
- Activities: beginner yoga, guided relaxation, meditation, breathwork, forest bathing, cold river plunges, scavenger hunts, crafts, infrared sauna sessions, sound baths, drumming and more.
- Expert-led workshops by **Claudine Pereira — The Pink Coach**, tailored to your organization's goals.

Testimonial: "We held a team retreat here and a Board visioning session. Both groups had amazing visits. We bookended our days with light yoga, enjoyed a beautiful homemade continental breakfast and a 3-course lunch, took a half hour 'apres lunch' stroll through the woods beside and beside the creek. We left warmed and relaxed, with a deeper understanding

and appreciation of our team. This serene, unpretentious setting invites all to check egos at the door. Many thanks Cynthia and Chris!" Judy Hanson, Autism Home Base Durham.

Why We Stand Out:

- Unique integration of corporate wellness with community impact.
- Customizable programs with expert facilitators.
- Measurable ROI for employees and business performance.

About Mannahelp

Mannahelp is a registered Canadian charity serving families in Durham Region, Ontario. Its programs address food insecurity, community garden initiatives, and youth empowerment. This was founded in 2020 out of the growing demand for support. Food-banks visits and demand for charitable food are rising sharply, indicating that the crisis is increasing, not receding.

Impact Highlights (2024):

- Served **370+ households** and **1,200+ individuals** with fresh produce, culturally appropriate groceries, and essential hygiene items.
- Community garden programs teaching sustainability while promoting dignity.
- Approximately **1 in 4 households** in Durham Region experiences food insecurity — funding is critical to expand reach.

Through collaboration, kindness, and sustainable action, Mannahelp is cultivating **hope, resilience, and opportunity** throughout the Durham Region. By partnering, your organization helps ensure every family has access to nutritious food and a stronger community support system.

Sample Sponsorship Packages

Tier	Participants	Experience	Recognition	Fee to Business	Donation to Mannahelp
Bronze Partner	Minimum 8	Full Day Wellness Retreat with your own program + lunch	Logo on Mannahelp & Rising Spirit partner pages	$110 plus hst per person	10% ($88 per group of 8)
Silver Partner	Minimum 8	Full-day Wellness	Logo on partner	$140 plus hst per person	10%

		Retreat + 1 Wellness activity & lunch	pages + social media posts		($112 per group of 8)
Gold Partner	Minimum 8	Customized Full day retreat = The Pink Coach workshop, + 1 wellness activity & lunch	Logo on partner pages + feature story in newsletter and on social + co-branded signage	$175 plus hst per person	10% ($140 per group of 8)

*Full day Wellness Retreat runs 9:30 am -4 pm and includes studio, tent, lounge, tables, chairs, yoga props, snowshoes, labyrinth, massage chairs, infrared sauna, meditation teepee, forest bathing, cold plunge in river

*Wellness Activity: 75-minute gentle yoga, guided relaxation or breathwork session

*option to add-on other wellness modalities

*The Pink Coach Workshop with Claudine Pereira is a 1.5- 2-hour session, customized for team-building, leadership, or sales training. A popular workshop is 'Colour Personality Training' to learn to identify personalities, build connection and drive results.

*Overnight rates vary by room type.

Why This Partnership Works

Corporate Wellness at Rising Spirit + Mannahelp = Community Nourishment Initiative

Together, we can elevate workplace wellbeing and strengthen the fabric of our community.

A partnership with Rising Spirit is not just a retreat booking—it is a statement of leadership. It shows your employees, stakeholders, and the wider community that your organization believes in balance, belonging, and shared responsibility. Let's create a wellbeing movement that lifts people where they are—and builds a stronger Durham Region, together.

Your investment fuels a double impact:

- **Inside your workplace**, your team returns refreshed, grounded, and reconnected—equipped with the clarity and energy that only intentional rest can create.

- **Outside your workplace**, your contribution directly fuels Mannahelp's food support programs, ensuring that families across Durham Region receive nourishment, stability, and hope.

Your Next Step

We invite you to join as a founding partner in this transformative initiative. **2026 partnerships are intentionally limited** to ensure each corporate group receives a tailored retreat experience while generating maximum positive impact for families in Durham Region.

Book a partnership discovery call to explore corporate retreat options and social impact tiers:

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