

# WELLNESS FOR POWERHOUSE WOMEN

*Wellness That Elevates!*

Support the well-being of NBA/NFL wives, mothers, and girlfriend associations through intentional, restorative retreat experiences designed to reduce stress, restore balance, and strengthen community connection within the NBA and NFL lifestyle.

These wellness retreats create space for women who are constantly pouring into others to step away, reset, and return renewed.

## **KEY BENEFITS:**

- Alleviate burnout and stress
- Support identity, balance, and personal restoration
- Increase clarity, presence, and emotional resilience
- Create space for intentional self-care and reflection

## **TRAVELOVEPEACE OFFERS:**

- Guided mindfulness, breathwork, and stress release sessions
- Restorative yoga, meditation, journaling, and grounding practices
- Nourishing chef-curated meals
- Private sisterhood circles for connection, reflection, and support

(US & International)



## **CONTACT US**



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# TRAVELOVEPEACE

*Journeys That Breathe Life  
Back into You*



## TRAVELOVEPEACE

### *Wellness for the Woman Beside the Athlete*

Wellness experiences designed for the NBA/NFL wives, moms, and girlfriends—the woman who carries so much while supporting the life, career, and legacy of an athlete in the NBA and NFL.

To provide restorative, purpose-driven retreats and elevated travel experiences that nurture emotional wellness, healing, and balance for women who dedicate their lives to supporting others at the highest level.

## REST HEALS!



## RETREAT EXPERIENCES

*Through immersive travel experiences, we give you the environment, inspiration, and clarity to begin again—with intention.*



### **The Renewal Journey**

Created for the woman who is always “on,” this experience is centered on quieting mental overload and restoring inner peace. Through guided breathwork, mindfulness practices, and reflective journaling, participants are supported in releasing overwhelm and reconnecting with presence in the midst of a high-demand lifestyle.



### **From Burnout to Breakthrough**

If you’re experiencing burnout and emotional fatigue. Includes restorative wellness practices, creative expression, and supportive coaching circles designed to help release stress and regain balance.



### **Vision & Alignment Retreat**

A forward-focused retreat experience for wives and mothers navigating evolving seasons of family and athlete life. Through guided visioning, identity work, and reflective practices, this experience restores clarity, purpose, and alignment—supporting both personal growth and family leadership from a grounded place.

## INVESTING IN SELF-CARE

### *Wellness retreats designed for powerhouse women.*

For the woman who is emotionally stretched, mentally overloaded, and quietly exhausted from always being “on.”

We believe rest is not a reward—it is a requirement for sustained strength, clarity, and peace.

We create intentional journeys of calm, connection, and quiet renewal for the NBA/NFL wife and mom who needs space to pause, breathe, and return to herself again.

