



evolveretreatco.com

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Launch: May 2017 with full operations launching in September 2017. Initial operations running from Azuridge Estate Hotel. New locations and venues added in 2018.

I. PRESS RELEASE

The brainchild of Calgary-based doctor Ingemaud Gerber, Evolve retreats offer luxurious accommodations, breathtaking surroundings, world-class experts and a personalized wellness program that is designed to challenge the body while bringing peace to the mind.

Gerber is joined by partner Tina Green, Evolve's Director of Operations, who shares her passion for sustained wellness and belief in a proactive and collaborative approach to healthcare. Unlike anything else available in the Canadian Rockies, the Evolve experience includes group workshops, expert speakers, one-to-one lifestyle mentoring and fitness coaching, and before/after private consultations to help each guest achieve and sustain their wellness goals. The highlight for many guests will be the daily guided outdoor recreation in the Rockies—from mountaineering to rafting, horseback riding, yoga, hiking and even golf.

EVOLVE RETREAT CO. OFFERS LUXURY WELLNESS RETREATS IN THE CANADIAN ROCKIES.

"People put limitations on themselves and what they are capable of, and we want to change that way of thinking," notes Green. "Our hope is that each guest leaves with the tools, knowledge and confidence to change their lifestyle permanently."

Evolve features a world-class team of experts, including chefs, nutritionists, trainers and adventure guides. At the helm of the kitchen is Chef Alan Wichert, who specializes in gourmet clean and spa cuisine, and prepares all meals with seasonal, organic, locally available ingredients. Chef Wichert has prepared cuisine for the likes of Kylie Minogue, Gwyneth Paltrow and Hugh Grant. The fitness portion of the retreat is led by Canada's most recognized and sought-after fitness coach, Tommy Europe.

"When I was approached by Evolve I knew immediately that there were clear parallels in their mission and values," comments Tommy Europe. "We're going to do something different from the norm. I'll be helping the guests at Evolve learn how to incorporate fitness and movement into their everyday lives, so that they can increase their wellness and maintain that level for years to come."

Evolve has designed their retreats to be approachable, customizable and personalized. The activities are designed so that everyone, regardless of age or health, can get the best experience within their ability level.

For complete details, sample itineraries or to sign up, please visit evolveretreatco.com.



About Evolve Retreat Co.

Evolve Retreat Co. offers luxury wellness retreats in the Canadian Rockies. Each retreat is led by a team of world class experts, integrating a personalized approach to fitness, nutrition, wellness and outdoor adventure. Launching in May 2017, Evolve Retreat Co. was founded by Dr. Ingemaud Gerber and partner Tina Green, with initial operations taking place at Azuridge Estate Hotel in Priddis, Alberta.



2. THE EVOLVE EXPERIENCE

Canada's premier all-inclusive luxury retreat for personalized adventure, fitness and gourmet clean cuisine in the Canadian Rockies.

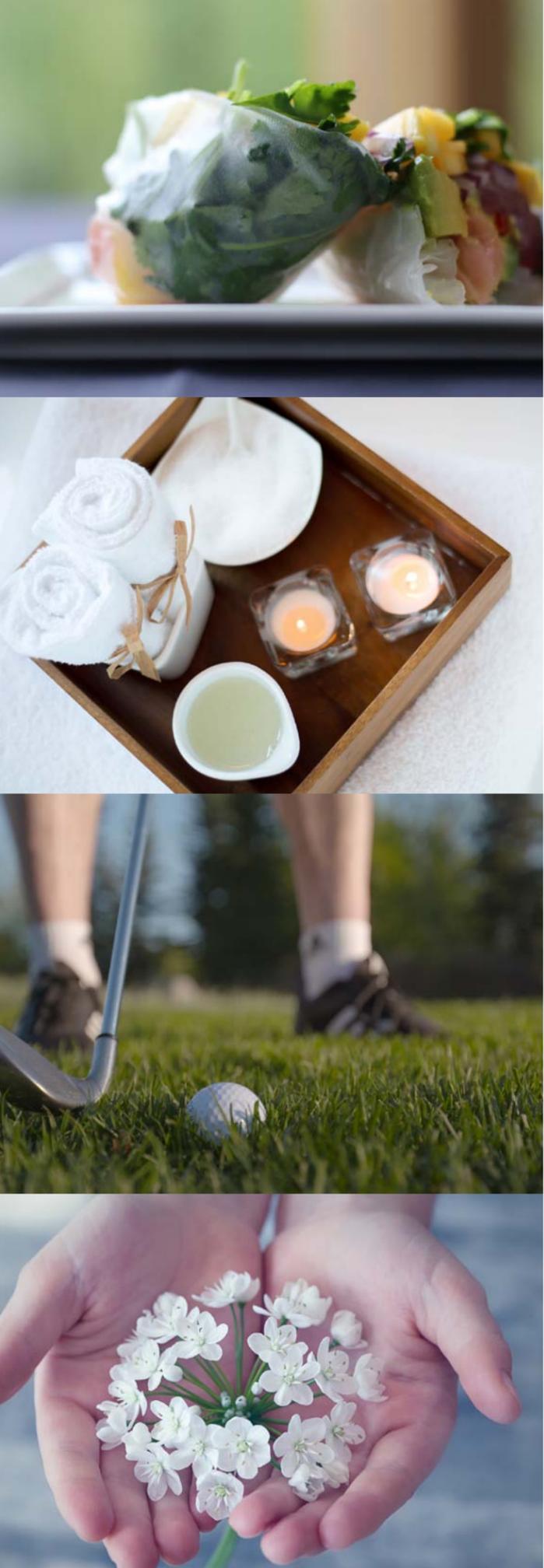
Whether you're looking to launch a new health regime, boost your overall wellness, or summit the highest peak, your goals are personal. Working closely with you, we'll customize your fitness schedules, outdoor adventures, mentoring sessions and menus to create a unique experience at our luxury retreat. You'll return home with amazing memories—plus the knowledge and tools you'll need to maintain a healthier lifestyle.

2.1 Fitness

With a combination of one-to-one training sessions and high-energy group classes, our approach to fitness is customized and results oriented. By incorporating the latest best-in-class techniques, we'll help push your physical boundaries, increase your skills, and improve your endurance, cardio, flexibility, and strength.

2.2 Adventure & Activities

Prepare yourself for truly breath-taking outdoor adventure, because we are within reach of some of the world's most stunning landscapes. Summit a rugged peak in the famed Kananaskis park system with our certified ACMG Mountain Guide. Kayak the famously turquoise Moraine Lake in Banff National Park. Explore cowboy country on horseback. Bike, hike, golf, climb, fish to your heart's content.



2.3 Gourmet Clean Cuisine & Nutrition

Directed by our world-class team of chefs and nutritionists, our holistic approach to clean eating and nutrition will leave you wondering how food so good for you, can taste so good. Our chefs prepare all meals to fit the modern palate, using seasonal, organic, locally available ingredients. All special dietary requirements (including vegan and gluten-free) will be accommodated.

2.4 Rest & Relaxation

The perfect antidote to high-intensity fitness and awe-inspiring adventure? Rest and relaxation. Unwind on our expansive property, soak in the hot tub, take a nature walk, enjoy some massage therapy or a detox spa treatment, achieve stillness with guided meditation, or go inward with restorative yoga. Take time for a mindful experience that will also revitalize your body and soul.

2.5 Lifestyle Mentoring

Evolve Retreat Co. is dedicated to your personal evolution. With a combination of group workshops, speaker series, one-to-one lifestyle mentoring and before/after private consultations, our team of experts is committed to helping you achieve and sustain your wellness goals.

2.6 Workplace Wellness Retreats

Evolve Retreat Co. is pleased to offer forward-thinking firms the opportunity to increase the health, wellness and job satisfaction of their employees. From stress management workshops to nutritional guidance, from relaxing massage to invigorating mountain hikes, Evolve Retreat Co. helps you take beautiful care of your most important asset – your employees.

3. THE EVOLVE TEAM

Ingemaud Gerber | Director, Medical Advisor, Founder



Ingemaud is a family physician with a keen interest in a preventative/proactive approach to medicine, with a focus on lifestyle intervention. As the guiding force behind Evolve Retreat Co., Inga is focused on ensuring each guest leaves with the tools, knowledge and motivation to increase their health span.

Tina Green | Retreat Coordinator, Co-founder



A healthcare professional by trade, but an experience-maker at heart, Tina is the first point of contact when you book your retreat, will be on the ground when you arrive, and is responsible for all of the details in between. Tina combines her love for new experiences, new people and planning into her dream role with Evolve Retreat Co.

Tommy Europe | Master Fitness Trainer



Best known as the tough-love television host of the "The Last 10 Pounds Bootcamp," Tommy Europe is Canada's most recognized and sought-after fitness coach, having helped thousands of people worldwide improve their health, increase motivation and become more productive at work and in life.

Alan Wichert | Chef



Alan brings more than 28 years of gourmet culinary experience to Evolve Retreat Co. Having cooked for over 100 health retreats worldwide, Alan has carved a niche in gourmet clean cuisine. A charismatic Aussie, Alan's cooking demonstrations are transformative and highly entertaining.

Yvette Styner | Nutrition Consultant



Yvette is a fitness professional and science-based holistic Certified Nutrition Consultant. An ambassador of natural health and athletics, her approach involves a comprehensive assessment of your physiology, goals, and circumstances to produce customized and actionable plans for sustainable results.



Marin McCue | Wellness Coach

Marin is a Yoga Alliance certified yoga teacher, spin teacher, mind-body coach, and author. Marin has created a life that is grounded in elevating the lives of others through inspiration and leading by example. Catch her on the yoga mat, running the trails, and hosting workshops.



Sarah Harvie | Yoga & Adventure Guide

A lifelong adventurer, Sarah has been leading backpacking, backcountry skiing, whitewater canoeing and rafting expeditions for over two decades. Combine this with her advanced training in CranioSacral Therapy, Massage Therapy, Yoga (RYT-500), and Yoga Nidra and you have a guide to both inner and outer landscapes.



Eric Ostopkevich | Climbing & Hiking Guide

Eric has spent the last 15 years exploring the mountains of Western Canada, the United States and Europe. He is an internationally certified mountain guide who sees guiding as a way to help our guests explore their personal limits, while experiencing the beauty of nature. His enthusiasm and energy are endless and truly contagious.



Ronna Schneberger | Mountain Guide & Naturalist

Certified guide, yoga instructor and personal coach, Ronna has been a professional guide and naturalist for 20 years in the mountain parks. It is her goal to help people develop a reverence for this wondrous place, and to teach them how to enhance their personal connection with nature wherever they live.

4. ITINERARY



6:15 am

Sunrise yoga with Marin McCue

7:00 am

Breakfast

8:15 am

Outdoor group fitness with Tommy Europe

9:45 am

Snack & refresher

10:00 am

Group 1 – Nihahi Ridge with Eric and Sarah (5 hours)

Group 2 – Fullerton Loop with Ronna (3 hours)
Enjoy your packed lunch



2:30 - 4:30 pm

Hikers return. Snack & refresher on arrival
Rest & Relaxation: Spend the next few hours enjoying your complimentary massage, or reach out to any of our wellness experts

5:00 pm

Gourmet Clean Cuisine and Nutrition demo with Chef Alan Wichert and Nutrition Consultant Yvette Styner



06:30 pm

Dinner

7:30 pm

'Sleep, The Missing Variable' workshop with Dr. Gerber followed by guided meditation and yoga nidra with Sarah Harvie

8:30 pm

Well deserved rest...massage....sleep



MENU

Breakfast

Balinese coconut soaked home made wheat free muesli
Fresh macadamia milk
Selection of seeds
Alkalizing fresh green juice

Packed Lunch

Canadian smoked salmon, spinach, dill, red pepper, mushroom
& sweet potato frittata
Selection of salads
Turmeric, ginger, & Manuka honey lemonade

Dinner

Cappuccino of pumpkin, coconut & ginger with
toasted green pumpkin seeds
Caraway seed chickpea falafel with goat
yoghurt tzatziki
King prawn mango ginger quinoa sushi
Vietnamese lemon tamari chicken rice wrap

Dessert

Brazilian cocoa paste, hazelnut cheesecake with strawberry coulis