

“Should I Go?” Decision Guide

Should I Go on the Race Retreat to Bermuda?

If you’re asking yourself this question, this guide is for you.

This Retreat Is For You If...

- You want a **wellness-focused escape** that blends movement, culture, and rest
- You’re a runner, walker, yogi, or wellness seeker who wants **more meaning than a vacation**
- You’re craving **community**, not crowds
- You want to travel internationally but feel safer going **with structure and support**
- You’re ready to invest in **your health, joy, and personal reset**

What Makes Race Retreat to Bermuda Different

This is not a resort stay with a workout tacked on.

It's a **curated experience** that includes:

- The Bermuda Connection 5K/10K along the South Shore
- Wellness workshops, mindfulness, and movement sessions
- Cultural immersion with local hosts and storytellers
- A supportive group traveling together with purpose
- Built-in time to rest, explore, and be present

You don't have to plan everything.

You just have to show up.

Common Concerns (Answered Honestly)

“I’ve never traveled internationally for an event.”

Bermuda is one of the easiest international destinations from the US. Direct flights, English-speaking, US currency accepted.

“I’m not fast / not a runner.”

This retreat welcomes **walkers, joggers, and movers of all levels.**

“I’m worried about cost.”

Think of this as your **2026 wellness investment**, not just a trip. Many participants are spacing out payments, gifting parts of the experience, or using group rates.

“I don’t know anyone.”

You won’t arrive as strangers. You’ll leave connected.

The Real Question

Not “Can I go?”

But **“What happens if I don’t give myself this?”**

📍 March 5–8, 2026

✨ Wellness. Movement. Culture.

👉 **Join Us in Bermuda**