

“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**