

2026-2027

Notice Wellness

Resort Retreat Guide

Embodied Wellness Experiences for Resorts, Retreats & Destination Gatherings

Thoughtfully designed experiences that leave guests feeling restored, connected, and inspired.

By Danielle Arnold, Licensed Psychotherapist & Founder of Notice Wellness



Danielle Arnold is the founder of Notice Wellness Embodied Leadership Experiences; corporate wellness that integrates somatic psychology, nervous system regulation, mindfulness, yoga, and guided reflection to cultivate resilience, enhance performance, and inspire connection among teams.

"I help organizations reduce burnout, strengthen team connection, and improve workplace performance through evidence-informed yoga and mindfulness experiences."

Unlike traditional wellness workshops, every Notice Wellness experience is designed through the lens of both licensed psychotherapy and therapeutic yoga, blending evidence-informed practices with practical tools teams can immediately apply in their work.

The goal isn't simply to provide a relaxing experience. It's to help people return to work more focused, connected, and ready to tackle challenges together.

Signature Experiences

- Sunrise Lakeside Flow
- Sunset Sound Journey
- Nervous System Reset With Movement and Breathwork
- Executive Renewal Experience
- Mindful Leadership Workshop
- Restore & Reflect Guided Experience
- Embodied Team Connection
- Customized Retreat Experiences Of One Or More Experiences

“Strong teams are built through shared experiences, not just shared goals.”



Why Resorts Choose Notice Wellness

Rather than simply teaching movement, Notice Wellness creates experiences that:

- complement luxury accommodations
 - elevate retreat itineraries
 - encourage meaningful connection
 - leave guests talking about their stay
 - reflect the quality and hospitality of your property
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Client Testimonial

"My team loved the morning and appreciated the time for more intentional activities to do together while in person versus activities that could technically be done remotely. It was just what I hoped for. The breathing techniques and moving techniques are always good to have on hand to help stay more present in the day."

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Perfect For

- Executive Retreats
- Leadership Off-sites
- Women's Retreats
- Wellness Weekends
- Resort Guest Programming
- Conferences
- Incentive Trips
- Wedding Weekends
- Private Groups



Let's Create Something Meaningful Together

Schedule your complimentary consultation today.

Notice Wellness

Corporate Wellness Experiences

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 noticewellness.com



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