

Soil & Soul: A Day to Reconnect, Recharge, and Realign

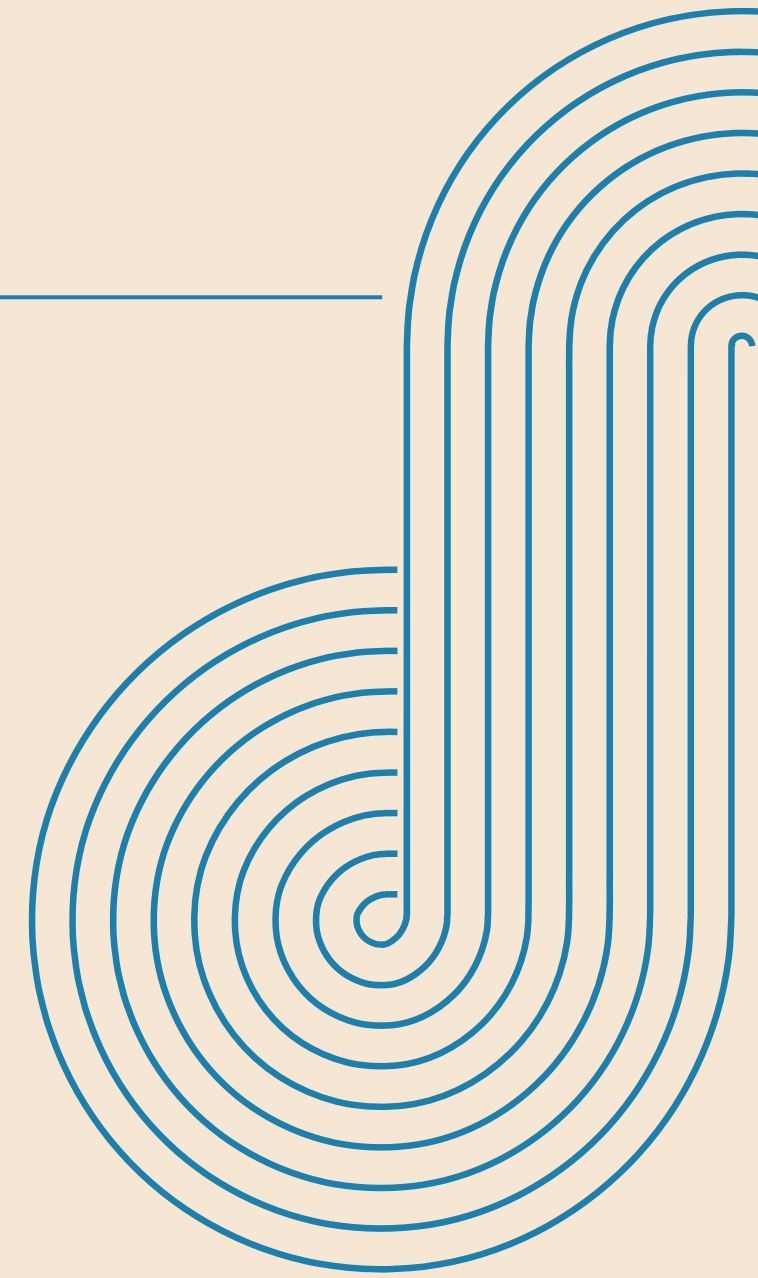


one-day team retreat for mindful teams

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About FitCamp Montenegro



FitCamp Montenegro is a wellbeing and nature-based retreat centre in Central Montenegro, where mindful living meets sustainable practices.

Our programs combine movement, mindfulness, nutrition, energy balance and nature connection — designed to restore balance for both individuals and teams.

Why Mindful Team Retreat?

Modern teams thrive not on pressure, but on presence.
Through guided mindfulness and nature-inspired activities, your team will:

Strengthen
collaboration & trust



Improve
communication &
empathy



Cultivate creativity
and problem-
solving



Reduce stress and
reconnect with purpose



It's not a competition — it's a reconnection.

Soil & Soul Program



Duration: One-day retreat (4-5 hours + shared meal)

Group size: Ideal for teams of 6–20 people

Format: Wellbeing Bazaar

Location: FitCamp Montenegro estate, Niksic



Soil & Soul Program

Let's us create your day in nature.

Mindful Gardening

Team bonding through
planting and nurturing
together



Aromatherapy

Explore the power
of natural scents for
balance and focus



Mindful Eating

Learn how conscious
nutrition improves
clarity and energy



Reiki & Energy Balance

Gentle practice for
mental reset and
harmony



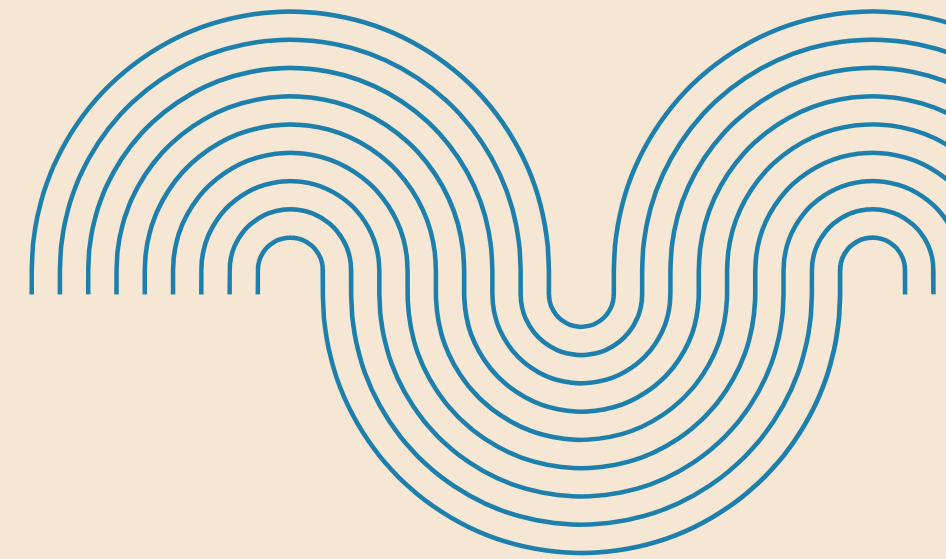
+ a shared meal: A plant-based, locally sourced lunch prepared with love.

Team Retreat Objectives



- **Reconnect with nature** – Ground energy and inspiration in a living, breathing environment.
- **Build authentic connections** – Beyond roles and deadlines, rediscover each other as people.
- **Cultivate mindfulness** – Learn simple techniques to manage stress and stay present.
- **Enhance creativity and clarity** – Nature restores perspective, opening space for new ideas.
- **Strengthen collaboration** – Shared experiences in nature deepen trust and team spirit.
- **Recharge purpose** – Remind everyone why they do what they do – and how they do it together.

What Your Team Takes Home



By the end of this retreat, your team will have:

- Renewed focus and balance
- Stronger interpersonal connections
- Practical mindfulness tools for everyday life
- A shared memory of growth — in nature and as a team

Add-ons

Stargazing



Cloud-gazing



Barefoot Trail



Heart Trail



Add a little extra magic to your team experience — from gazing at the stars and clouds to reconnecting with the earth beneath your feet on our Barefoot and Heart Trails.

Practical info



📍 **Location:** FitCamp Montenegro, Niksic

🕒 **Duration:** One-day retreat (approx. 5–6 hours of guided activities)

☀️ **Availability:** Year-round, depending on weather conditions

Practical info

What to Bring?



- Comfortable, sporty clothes suitable for outdoor activities
- Hat or cap, and an extra layer for cooler afternoon/evening hours
- Reusable water bottle – refill stations available throughout the day
- Good mood and openness to new experiences!

Practical info

Meals & Snacks

- Light snacks and refreshments are available throughout the day.
- A healthy, locally sourced meal will be served at the end of the retreat.

Each package includes

- Full program of 4 wellbeing sessions (Mindful Gardening, Mindful Eating, Aromatherapy, Reiki), bazaar style
- Use of outdoor facilities and trails
- Healthy snacks, drinks & a meal
- FitCamp team coordination and hosting



Price

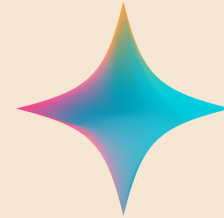


Pricing (per person)

- € 99 – for groups of 16 - 20 participants
- €120 – for groups of 13–15 participants
- €150 – for groups of 10–12 participants
- €200 – for groups of 6–9 participants



Contact



Ready to grow together?

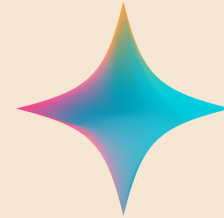


Contact us at
fitcamp.montenegro@gmail.com to plan your
mindful team retreat at FitCamp Montenegro



www.fitcamp-montenegro.com

Soil & Soul: The Mindful Team Building Experience



Because strong teams grow from deep roots!

This is your time to pause, reflect,
reconnect, and move forward as a
stronger, united team

