



Flow Retreats is a company that organizes boutique weekend retreats, workshops and wellness events around the Philippines and Asia.

Typically a weekend retreats consisted of yoga sessions, surfing waves at the best surf spots in the country, dancing to latin music beats as well as nourishing one's body with delicious gourmet meals and raw food dishes. It's all about energizing the mind, body and soul!

### [FLOWRETREATS.COM](http://FLOWRETREATS.COM)

Flowretreats.com is our company's official website showcasing our retreat lineup for the year as well past retreats and events, sponsors and partners.



### [FLOWRETREATS.BLOGSPOT.COM](http://FLOWRETREATS.BLOGSPOT.COM)

We started this blog to share our experiences in our retreats and travels. Our blog also further served as an avenue for us to share everything and anything about yoga, surf, dance, wellness tips, health food recipes, resorts and restaurants.

1,000+

Page views per month  
Flow Retreats Website

4,500+

Page views per month  
Flow Retreats Blog

8.4K+



1.4K+



4.5K+



# MEET THE FLOW TEAM



## MONICA ELEAZAR - MANZANO

Monica Eleazar-Manzano is a certified yoga teacher through Greenpath Yoga under Clayton Horton and Mo-Ching Yip. Since 2009 she has been teaching Vinyasa, Yin Yoga, Beginners Yoga, Pre-Natal, Post-Natal and Antigravity Yoga. She teaches regularly at Beyond Yoga branches in Metro Manila and has done retreats around the Philippines and in Bali, Indonesia. Monica believes in a mindful, deep and strong practice on the mat for a healthy & beautiful life off the mat.



## NOELLE HILARIO

Noelle started surfing eight years ago and is now a brand ambassador of Roxy Philippines. She spends her weekends surfing in La Union with Carille as her most favorite spot to surf. When in the city, Noelle is a managing partner at Hillside Cafe & Juice Bar, a restaurant serving healthy dishes, superfood smoothies and coldpressed juices. Noelle is also a graphic designer, her works are mostly inspired by her travels, the beach and surf culture.



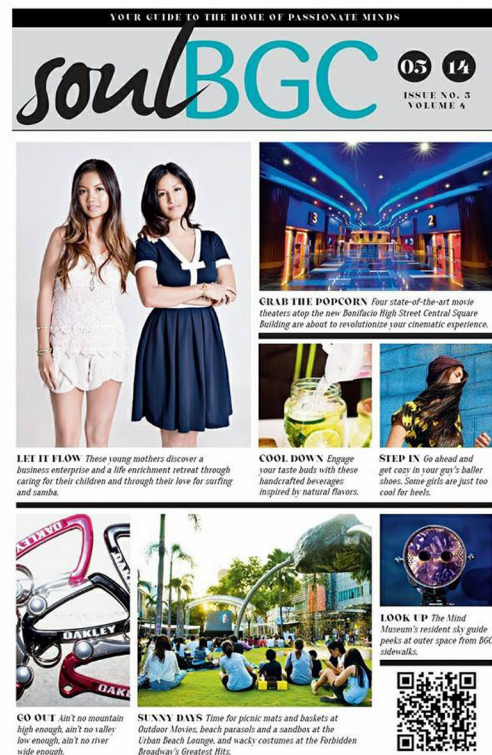
## DENISE GONZALES BERNARDO

Denise is one of the members of Samba School Imperatriz Filipinense, the samba drum and dance school of the Philippines that celebrates the Brazilian passion and lifestyle. Denise was the Rainha da Bateria (Samba Queen) for the school in 2013. She is also the yumyumummy behind Indigobaby, an online store that advocates natural living, breastfeeding and babywearing. She is the mother of two boys, Benicio 7 and Pascal 1.6 and loves going with the flow.





## FLOW RETREATS FEATURED IN







## FLOW RETREATS FEATURED IN



### MIND, BODY, SOUL

Flow: SurfYogaSamba recently celebrated its first year anniversary and third weekend retreat at the San Juan Surf Resort in La Union. The event attracted over 60 participants who all got the chance to learn Vinyasa yoga under certified yoga instructor Monica Manzano, surf lessons under Luke Landrigan of Bilalabong San Juan Surf School, and samba drumming and dancing lessons under Escala de Samba de Manila. Flow: SurfYogaSamba is a retreat like no other and a true experience of a lifetime. For more information on upcoming retreats, visit facebook.com/Flowsurfyogasamba.



## TELEVISION







## LET'S COLLABORATE!

The following are suggested ways of working together:

Sponsorships through our retreats and wellness events. We love collaborating with companies that fit the Flow lifestyle - travel, surf, yoga, wellness, eco living, all natural products and brands.

Have your own private retreat for company outings, events and get-togethers. Book us for yoga, meditation or other wellness workshops at the comfort of your home, office or preferred venue.

Blog partnerships through advertising spaces and/or sponsored posts. We find ways to position products uniquely through our experiences.

Social Media Promotions: Instagram, Facebook, Twitter.

The Flow Team as Brand Ambassadors to promote products that align with our values.

Featured product reviews within the editorial themes of the blog.

Contests, samplings and giveaways to our participants, readers and followers.



## R A T E   S H E E T

- Blog Post ([www.flowretreats.blogspot.com](http://www.flowretreats.blogspot.com)) 4,500php
- IG Post (@flowretreats) 3,500php
- Website Ad ([www.flowretreats.blogspot.com](http://www.flowretreats.blogspot.com)) 5,000php/mo
- Blog Post + 1 IG Post (with link to blog post in Profile) 7,000php
- Blog Post + 1 IG Post (with link to blog post in Profile) + Website Ad 12,000php

\*Blog posts will be shared in all social media channels - Facebook, Twitter, Instagram, Email Blasts

### Personal Instagram & Blog Rates

#### Noelle Hilario

[www.wanderlustdrifted.blogspot.com](http://www.wanderlustdrifted.blogspot.com)  
@noelle\_hilario

- Blog Post 4,000php
- IG Post 2,500php
- Website Ad 4,000php/mo

#### Monica Manzano

[www.dharmadream.blogspot.com](http://www.dharmadream.blogspot.com)  
@dharmadreamsbig

\*Blog posts will be shared in all social media channels - Facebook, Twitter, Instagram

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