

The Retreat

Reality

the retreat

Are 28 Days Enough To Transform Their Lives?

Synopsis

In this informative and inspirational part-reality, part fly-on-the-wall format, a diverse group come together with the goal of 'fixing' themselves, embarking on an intense detox programme amidst a tropical paradise island renowned for its healing spiritual energies.

Produced by **MOLI Leap Productions** in the UK, *The Retreat* follows a celebrity as he, the participants and even the crew go on a mental and emotional rollercoaster. Alongside yoga, reiki, mindfulness and meditation, they must also give up meat, fish, alcohol, dairy, sugar, coffee and nicotine. Activities ramp up alongside growing appetites and fraying tempers, but will the results be worth it?



Key Selling Points

- Reality format that can feature a **celebrity** guest, as done in the UK. Additional guests can be a mix of public personas and regular people, all who have the same goal of 'fixing themselves'.
- Guests have a **secret** in their background that the programme makers hope they will share with the group, tackle and ultimately conquer.
- Can take place amongst any **tranquil setting**, such as a rainforest, country getaway or the crystal island of Koh Panghan.
- Rules and restrictions on diet and activities can be amended for each specific format, as appropriate.

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