



Welcome to WinShape



Welcome to a sneak peek of your WinShape group experience!

While you're getting ready (and excited!) for your upcoming event, know you're not the only one. We're busy and behind-the-scenes, setting the backdrop for your group to be immersed in an experience that is meaningful and helps you focus on what matters.

Our event specialists are solely focused on your time here, working to create a dynamic schedule that will help everyone in your group grow stronger, lead better and leave feeling refreshed.

We believe our space, people and grace-based hospitality set the stage for an experience you can benefit from long beyond your time here. Because that's our goal – to help you walk away with new perspectives to take back into your day-to-day.

As you continue planning your time with us, we hope you'll look forward to slowing down and stepping into an experience designed for you to flourish.

We look forward to serving you!



Quick Things You'll Want to Know

We look forward to welcoming you to WinShape Retreat!

In the meantime, see below for a few things to know that will help you prepare for your time here:

- The Grand Chalet is our registration building where guests check in. It's open 24 hours a day with a Front Desk clerk available at all times.
- The Conference Building closes each night at 11 p.m.
- Enjoy unlimited complimentary hot and cold beverages located throughout several areas at WinShape Retreat, including the Grand Chalet.
- Our fitness facility is located at The Trudy Cathy White Hub and is open 24 hours a day to registered guests.
- Our guests enjoy their dining experiences at designated times in the Great Hall. (Meal times for your retreat will be provided at check-in.) We do not provide a 24-hour dining service at WinShape Retreat.
- For your convenience, each guest room is equipped with a hair dryer, iron, ironing board and basic toiletries. Additional towels, blankets and pillows are available by request at the Front Desk.
- If you forget something at home, we've got you covered! We stock a full array of supplies that you are welcome to keep, buy or borrow. Just contact the Front Desk at 706-368-6821 and let us know what you need.

HAVE MORE QUESTIONS? FEEL FREE TO CALL US AT 877-977-3873





Policies

Here at WinShape, we invite you to unwind, break free from distractions and flourish right where you are. To make that possible, we've established a few policies:

- Alcohol, cigarettes/smoking devices and firearms are not permitted on the property. WinShape Retreat and WinShape Teams facilities are for adults only (infants and children under the age of 18 are not permitted).
- We operate a pet-free campus (although you may spot some of the beautiful wildlife that frequently visit our grounds!).
- Please do not burn candles or incense inside of the buildings at any time.
- WinShape is not responsible for any personal items or belongings left unattended.
- Please do not bring any outside food into your meeting room (individually-wrapped, bite-sized candies are allowed).
- Cell phones are permitted; however, please silence your ringer and limit phone conversations in shared spaces.

**In the event of an emergency,
please call the Berry College Police Department at 706-236-2262.**

Activities Requiring Advanced Reservations

Have some downtime to fill? We've got you covered! The following activities all require advanced reservations that can be coordinated through your event specialist.

Reservations must be made at least three weeks prior to your event.

MASSAGES

A minimum of two massages per group must be purchased to reserve the activity, and the maximum number must be approved by your event specialist. Two massage tables are available at a time.

30 minutes: \$75 per person

60 minutes: \$100 per person

90 minutes: \$150 per person

HAY RIDE

Ride length: 1-1.5 hours

Maximum per wagon: 28 guests

Price: \$150

YOGA CLASS

(Introductory)

Class length: 1 hour

Minimum per class: 10 guests

Price for groups of 10-28: \$155

(provides 28 mats)

Price for groups of 29 or more: \$300

(provides 28 mats)

PHOTO BOOTH

Activity length: 3 hours

Price: \$175 per group





Self-Guided Activities

We also have a wide offering of spur-of-the-moment activities you can choose from that don't require advanced reservations. Take your pick!

BIKE RIDES

You can choose from a 24-speed bike or a tandem bike for two.

FISHING

Poles and lures are provided at the Front Desk on a first-come, first-served basis at no charge (but feel free to bring your own if you'd like!).

FITNESS CENTER

Located in The Trudy Cathy White Hub, our fitness center is just a short walk down the hill from WinShape Retreat.

HIKING

We have more than 90 miles of Mountain Campus trails for you to explore. Guests often enjoy an easy hike to the reservoir or the challenge of an uphill trek to the House O'Dreams.

SELF-GUIDED EXCURSIONS

Catch a glimpse of Berry College's resident eagles, venture down the road to historic Possum Trot or explore the Old Mill.

TENNIS, LAWN GAMES AND DISC GOLF

Just check with the front desk to make sure the courts and fields are available. Equipment can be checked out at the Front Desk at no charge.

Visit WinShape Retreat's facilities page for even more places and spaces to explore.



Break Menu

\$8.50

Doughnut Kabobs or Doughnut Wall

- Doughnut Holes or Doughnuts
- Strawberries
- Blackberries
- Blueberries

Doughnut kabobs will be served for groups of 40 or less. Doughnut wall display will be used for groups of 41+.

Gourmet Popcorn

- Chocolate Drizzle Popcorn
- Chicago Mix Popcorn
- White Cheddar Popcorn
- Seasonal Popcorn

Packaged Snacks

- Variety of Assorted Bars
- Variety of Sweet & Salty Snacks

Scones & Fruit

- Scones
- Grapes
- Strawberries

Trail Mix Bar

- Peanut Butter Overload
- Chocolatey Goodness
- Seasonal Trail Mix

Notes:

- Guests participating in a WinShape Teams program will receive breaks valued at \$8.50. If you would like to upgrade your break, we will adjust this for you for an additional fee.

\$10.50

S'mores

- Graham Crackers
- Marshmallows
- Hershey's Chocolate Bars
- Reese's Cups
- Variety of Seasonal Beverages: Iced Coffee, Strawberry Lemonade, and Peach Tea OR Hot Chocolate and Apple Cider

Fire bowl is included in the break selection.

\$12.50

Bagel Bar

Assorted Bagels with:

- Assorted Cream Cheeses
- Assorted Jams
- Smoked Salmon
- Sliced Turkey
- Cucumber Slices
- Tomatoes
- Red Onions
- Capers
- Dill

Charcuterie Board

- Variety of Cheeses
- Variety of Meats
- Variety of Crackers
- Fresh Fruit
- Nuts
- Jams

Chips & Dips

- Tortilla Chips
- Salsa
- Guacamole
- Pita Chips
- Hummus

Flambé Desserts

- Brownie Bites & Pound Cake
- Action Stations Served by Chef: Cherry Jubilee & Bananas Foster

Fruit & Nut Butters

- Nutella
- Peanut Butter
- Almond Butter
- Apples
- Strawberries
- Bananas
- Pretzels
- Sliced Almonds
- Mini M&M's
- Mini Chocolate Chips

Fruit & Veggie Platter with Dip

- Assorted Vegetables with Savory Dip:
 - Carrots
 - Snow Peas
 - Broccoli
 - Peppers
- Assorted Fruit with Sweet Dip:
 - Strawberries
 - Grapes
 - Pineapple
 - Apple Slices

Italian Sodas

- Variety of Flavored Syrups
- Sodas
- Heavy Cream
- Ice Cream
- Whipped Cream
- Pretzels

Maximum of 100 guests for this selection.

Notes:

- Fountain and/or canned beverages will be included with each break selection.
- Some items are subject to change based on availability.



Directions to WinShape Retreat

WinShape Retreat is located on Berry College's Mountain Campus in Northwest Georgia. Just north of Rome, Georgia, WinShape Retreat is approximately 1.5 hours north of Atlanta or south of Chattanooga, Tennessee.

When using your preferred GPS or a transportation service (e.g., Uber, Lyft) to get to WinShape Retreat, please use the address below:

2277 MARTHA BERRY HWY

ROME, GEORGIA 30149

This will take you to the entrance of Berry College. From there, follow the directions to WinShape Retreat below:

- After turning into the main entrance, stop at the guard house. They will request to see your driver's license.
- Once you've been permitted access through the guard house, you'll drive into a roundabout that holds a flag pole court at its center.
- Take the second right at the roundabout, passing Herman Hall (brick building) on your left.
- The road will quickly dead end. At the stop sign, turn right.
- Turn left at the four-way stop and continue on this road for approximately 3 miles. The majority of this drive will take you through a wooded area.
- Toward the end of the road, you'll hit a speed bump. Immediately after, you'll reach a small intersection. Turn left. (You'll see a sign labeled "WinShape Retreat.")
- Turn right at the white entry wall (labeled "WinShape Retreat").
- Continue up the hill until you come to a parking lot.
- Upon parking, come to the Grand Chalet (second building on your right) to check into your room. If you are not an overnight guest, you can report to the location provided by your event specialist.

If you have any problems navigating here, please contact the Front Desk at 706-368-6821.



Directions to The Normandy Inn at WinShape Retreat



WinShape Retreat is located on Berry College's Mountain Campus in Northwest Georgia. Just north of Rome, Georgia, WinShape Retreat is approximately 1.5 hours north of Atlanta or south of Chattanooga, Tennessee.

When using your preferred GPS or a transportation service (e.g., Uber, Lyft) to get to WinShape Retreat, please use the address below:

2277 MARTHA BERRY HWY

ROME, GEORGIA 30149

This will take you to the entrance of Berry College. From there, follow the directions to The Normandy Inn below:

- After turning into the main entrance, stop at the guard house. They will request to see your driver's license.
- Once you've been permitted access through the guard house, you'll drive into a roundabout that holds a flag pole court at its center.
- Take the second right at the roundabout, passing Herman Hall (brick building) on your left.
- The road will quickly dead end. At the stop sign, turn right.
- Turn left at the four-way stop and continue on this road for approximately 3 miles. The majority of this drive will take you through a wooded area.
- Toward the end of the road, you'll hit a speed bump. Immediately after, you'll reach a small intersection. Turn left. (You'll see a sign labeled "WinShape Retreat.")
- Turn right at the white entry wall (labeled "WinShape Retreat").
- At the second set of white entry walls, continue right to follow the arrows for "Deliveries and Normandy Inn." You'll pass several white brick buildings on your left.
- Turn left at the sign labeled "Normandy Inn."
- Take your first left into The Normandy Inn parking lot.
- Enter the main building through the double doors labeled "Normandy Inn 1."

If you have any problems navigating here, please contact the Front Desk at 706-368-6821.



About WinShape

WinShape creates meaningful experiences to make a real difference in people's lives – in every phase of life. Through connection, training, development and fun, we facilitate the shift in perspective to help you impact what matters most.



WinShape Camps



WinShape Marriage



WinShape College Program



WinShape Retreat



WinShape Homes



WinShape Teams







