

RETREAT 001

JUNO BEACH

001

APRIL 16-19, 2026



@greenstategolf
www.greenstategolf.com



GREENSTATE
RETREATS



WHO WE ARE

GOLF

CUISINE

INTENTIONAL WELLNESS

Greenstate is built on the belief that good golf starts with a healthy, balanced body. Most players focus too much on technique, but the real breakthroughs happen when your nervous system is calm, your body moves well, and you're fueling yourself with real food.

That's why Greenstate combines simple healing work, quality movement, and meaningful time on the course. It's a place where golfers can reset, feel better in their bodies, and let their game come out naturally.

OUR MISSION IS TO ELEVATE HUMAN PERFORMANCE BY UNITING ELITE GOLF, INTENTIONAL WELLNESS, AND ORGANIC CUISINE INTO IMMERSIVE EXPERIENCES THAT RESET THE BODY AND SHARPEN THE MIND.



GREENSTATE
RETREATS



YOUR DAY

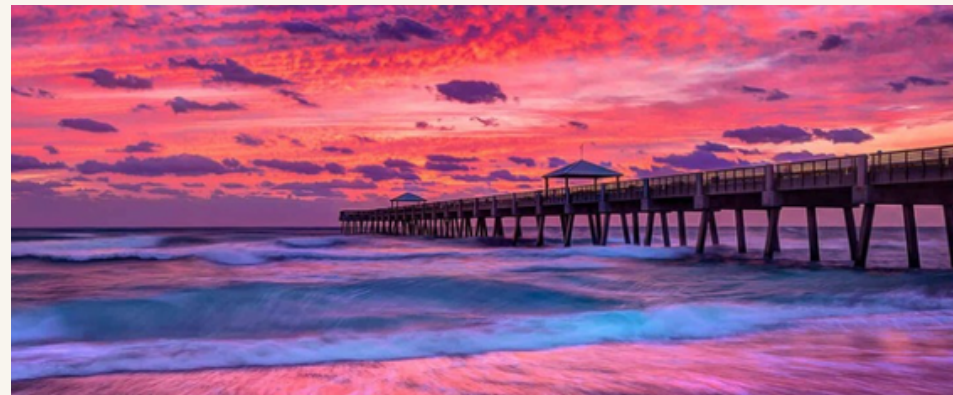
BODY WORK

GROUNDING

ORGANIC MEALS

RISE

1



Morning

Mornings begin at the ocean, just a short walk from the house. The light comes up slow over the water as we move through guided **breath work and grounding at sunrise**. Back at the house, a nutrient-rich breakfast is prepared fresh. Local fruit, organic eggs, coffee, and pressed juices.

After breakfast, the group eases into a wellness circuit: **fascia release, mobility work, massage, and alignment** to open up the body and reset the nervous system.

RECOVER

2



Late Morning / Afternoon

Late morning is time to recover and prime the body. Red light therapy, cold plunge, and Normatec compression before heading to the course for a light lunch and **18 holes at a private club in peak-season shape**.

RESET

3



Evening

Organic dinners, meaningful conversation, and time to wind down.

No screens, no distractions - just good food, great company, and a deep sense of calm.



THE GOLF EXPERIENCE

PRIVATE

TAILORED

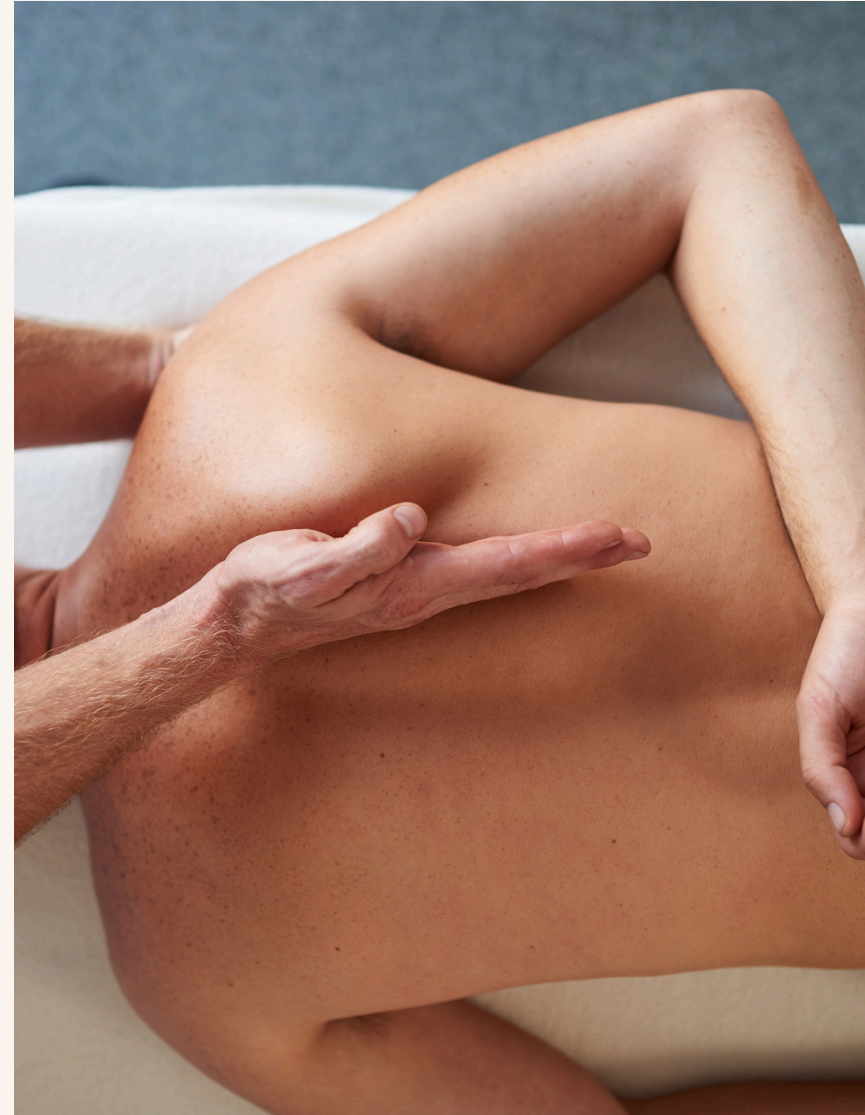
PROFESSIONAL GOLF INSTRUCTION

Each guest receives tailored, hands-on instruction throughout the retreat. We'll work through the full game – range sessions, short-game refinement, putting practice – before heading out in two small groups, with a coach accompanying each group on the course.

We'll play 18 holes each day at a top-tier private club in the Jupiter area. April is one of the best months to play golf in Florida – ideal weather, peak-season conditioning, and greens that roll exactly how they should.

The golf courses for Greenstate 001:

Turtle Creek Club and Panther National



MIND BODY CONNECTION

MASSAGE

RED LIGHT

CHIROPRACTIC CARE

DAILY WELLNESS PROTOCOLS

Guests will engage with daily wellness protocols that prime the mind–body connection. Each day, they move through a circuit of massage therapy, chiropractic care, cold plunge, red light therapy, Normatec compression, and ARP Wave.

Massage and chiropractic work free up joints and tissue, cold plunge resets the nervous system, red light encourages cellular repair, and Normatec boosts circulation. ARP Wave ties it all together by waking up dormant muscles, helping guests feel loose, clear, and ready to move.



FOOD SOURCED CONSCIOUSLY

CLARITY

DIGESTION

MOOD

MEALS THAT FUEL

Food directly shapes how you feel and how you move through the day. Your energy, mood, clarity, digestion, and overall wellbeing depend on the quality of what you put into your body.

That's why we center every GreenState retreat around the highest-quality, consciously sourced ingredients. When you eat clean, real food prepared with intention, you feel lighter, clearer, and more in rhythm with yourself — and that carries into everything you do.





A SPACE TO RECHARGE

LUXURY

SUNLIT

REFINED

Sol Haus Accommodations

Set in the heart of Juno Beach just steps from the ocean breeze, Sol Haus takes a softer approach to modern luxury. With an airy palette, natural textures, and sunlit spaces, it layers warmth and refinement into a retreat that feels both restorative and elevated.

The home features six bedrooms, five-and-a-half baths, a spacious pool, a small private gym, a rooftop terrace for sunrise and reflection, and an outdoor putting green tucked into the landscape.

Every detail is intentional, creating a space that feels effortless, calming, and beautifully designed.



CHRIS WIATR

Founder, Professional Golfer

Chris Wiatr is a professional golfer and the founder of Greenstate. After nearly a decade competing on various tours, a back injury last year pushed him to look deeper into how the body, mind, and daily habits influence performance. That search opened up a new layer of curiosity—about movement, recovery, energy, and even the role that food plays in how we feel and function.

What began as a personal attempt to heal and perform, grew into a bigger vision: creating an environment where golf, wellness, and intentional, nourishing food all work together. GreenState is the expression of that idea. A retreat designed to help people play better, move better, feel better.

Chris brings a grounded, experience-driven perspective, blending tour-level insight with a holistic understanding of movement, mindset, and how we fuel the body.

TEAM





BRIAN CREGHAN

Golf Performance Coach

Brian Creghan is a golf performance coach based at the prestigious Emerald Dunes Club in West Palm Beach, Florida. With nearly twenty years of experience coaching players at every level – from PGA Tour players to recreational beginners – Brian brings a mindful approach that helps each student focus on what truly matters for their game.

Recognized by Golf Digest as one of the top teachers in Florida and one of the best young teachers in the country, he combines deep knowledge with a genuine love for helping people enjoy golf at a higher level.

TEAM





JASON TROUT

Certified Personal Trainer, Corrective Exercise Specialist, TPI Certified

Jason Trout is a TPI certified functional trainer and golf performance coach with a deep understanding of how the body moves.

He combines **strength training, mobility work, and breath-focused movement** to help players feel more connected, powerful, and fluid in their swing. Jason's approach brings out the athlete in every golfer—grounded, balanced, and built for performance. (TRENDING DESIGN 26)

TEAM





THERESA PANCHURA

Massage Therapist

Theresa Panchura has over 30 years of experience in massage therapy. Artisan of body, mind, and spirit, Theresa has dedicated her life to restoring movement and helping people stay out of pain. Her deep tissue work combined with energetic healing is what sets her apart as one of the best massage therapists on the planet.

(LIGHT)

(INSPIRE)

(TRENDING DESIGN 26')

TEAM





DR. DANIEL YINH

Doctor of Chiropractic, Masters in Sports Science & Rehabilitation, Certified Chiropractic Sports Physician

Dr. Daniel Yin specializes in actionable biomechanical assessments designed to identify and target functional barriers within the spine and myofascial network. Through his practical and results-driven approach, he helps clients develop greater stability, enhance rotational speed, and achieve pain-free motion.



TEAM



DR. JAMES SPENCER

DC, ATC, FIAMA, Hydration Specialist

Dr. James Spencer is a chiropractic physician with a deep interest in holistic health and recovery. One of his greatest passions is all things water and hydration, and how they impact energy, clarity, and overall well being.

During the retreat, Dr. Spencer will lead a session on hydration and the unique properties of water — a conversation that always leaves people thinking differently about how they support their body.

TEAM





CHEF KYLE RIPPLE & CHEF COREY REED

Private Chefs

Kyle Ripple is a former private chef for Dustin Johnson and the founder of Ripples in Motion, a premier chef placement agency and culinary concierge based in South Florida. Through Ripples in Motion, he connects top-tier chefs with clients nationwide.

Rooted in the flavors of Texas and Colorado, **Chef Corey Reed has built a reputation for delivering bold, elevated meals with a personal touch.** He has cooked privately for professional athletes and golfers, designing menus that support both performance and lifestyle. Corey's passion lies in bringing comfort, flavor, and creativity to every table.

TEAM



THE EXPERIENCE & INVESTMENT

Three restful nights designed to slow you down and reset your system.

Chef-prepared organic meals that support clarity and performance.

Daily restoration sessions to melt tension and free movement.

Private recovery modalities to calm your mind and elevate energy.

Elite golf instruction and two rounds at world-class clubs. All transport.

PRIVATE ROOM - SOLO GUEST **\$5,500**

SHARED MASTER SUITE - COUPLE **\$5,000 per person**

A rare combination of world-class golf, restoration, and personalized wellness, brought together in one intimate setting.



GET IN TOUCH

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