



THE CSE ADVANTAGE

TRANQUIL SETTING

Our beautiful grounds provide a peaceful and inspiring backdrop for your retreat.

VERSATILE SPACES

We offer a variety of indoor and outdoor spaces to accommodate groups of various sizes, from intimate gatherings to larger workshops.

CUSTOMIZABLE PROGRAMS

We work with you to tailor a retreat experience that meets your specific goals and objectives.

SUPPORTIVE ENVIRONMENT

Our staff and volunteers are dedicated to ensuring your retreat is successful.

HOLISTIC WELL-BEING

We incorporate elements that support mind, body, and spirit.



INVEST IN YOUR TEAM, INVEST IN YOUR FUTURE

A corporate retreat at Center for Spiritual Enlightenment is an investment in your most valuable asset—your people. By providing a space for rejuvenation, connection, and growth, you can:

- Boost morale and productivity
- Enhance communication and collaboration
- Foster a positive and supportive work environment
- Strengthen your company culture
- Inspire innovation and creativity

Email

claire@csecenter.org

Phone

+1 (408) 775-8471

Location

1146 University Avenue
San Jose, CA 95126

www.CSEcenter.org



*Elevate Your Team,
Enrich Your Vision*

CORPORATE RETREATS

CENTER FOR SPIRITUAL ENLIGHTENMENT

Rejuvenate, Reconnect, Reignite

Your Ultimate Corporate Retreat Destination

WHY CHOOSE CENTER FOR SPIRITUAL ENLIGHTENMENT?

In today's fast-paced business world, fostering a thriving and connected team is more crucial than ever. Center for Spiritual Enlightenment offers a unique and transformative setting for your corporate retreat in the Rose Garden Neighborhood close to downtown San Jose and the San Jose International Airport, providing a space for:

Enhanced Well-being: Promote employee wellness and reduce stress in a serene and supportive environment.

Deepened Connection: Facilitate meaningful interactions and strengthen team bonds through shared experiences.

Renewed Focus: Cultivate clarity, creativity, and a renewed sense of purpose.

Spiritual Growth: Meditation led by CSE representative, as well as opportunities for personal reflection, spiritual exploration, and gentle hatha yoga.

Unique Experience: Escape the ordinary and create a memorable and impactful retreat.



OUR RETREAT PACKAGES

All packages include CSE led meditation and can be further customized to meet your needs.

Half-Day Retreat

Meeting space

Refreshments (coffee, tea, water)

Guided meditation session

CSE led team-building activity options:

- Yoga or Gentle Movement Session
- Mindfulness Workshop
- The Dialog Process*
- Walking Meditation, Radiant Path Walk, Reflection, and Journaling

Full-Day Retreat

Everything in the Half-Day Retreat plus:

- Space and support for lunch**

*The dialogue process is a communication method focused on mutual understanding and shared meaning, rather than debate or persuasion. It involves active listening, empathy, and the exploration of diverse perspectives to foster collective learning and problem-solving. It is used to improve communication, collaboration, and decision-making within teams and organizations.

**Teams may bring their own meals or have them delivered. All meals must be vegetarian-only. No alcohol is permitted.



Multi-Day Retreat

Everything in the Full-Day Retreat plus:

- Overnight accommodations (if available)
- Breakfast and snacks each day
- Expanded meeting space
- Extended team-building activities
- Optional: Kriya Yoga introduction, workshops, personalized sessions.

Additional Services (customizable)

- Facilitation services
- Spiritual guidance (if desired)
- Gift your employees a personal retreat

CONTACT US TODAY!

claire@csecenter.org
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