



THE WHOLE EXPERIENCE

2021 Media Kit



Global Wellness Retreats
Transformational Coaching
Wellness Advocates



TRAVEL, EMPOWER, TRANSFORM



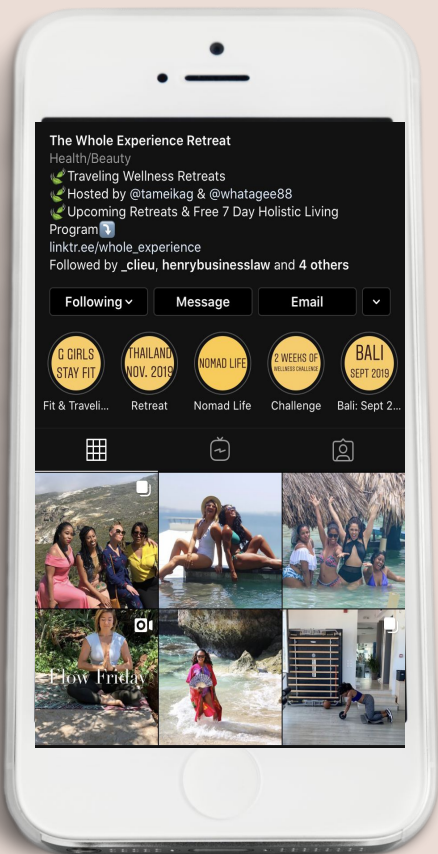
WHO WE ARE

The Whole Experience is a platform dedicated to helping women create a sustainable healthy lifestyle while exploring beautiful parts of the world and building community.

Our core mission? The wellness industry can feel homogenous AF - lacking diversity in age, race and body type. So, we decided to be the ones to prove how multi-dimensional and accessible wellness can be. Through our global retreats and transformational coaching programs, we've created a safe space where all women are free to learn, unleash their vulnerability, reimagine a new future and accept themselves (flaws and all).

Inclusive. Mindful. Anti-diet.





An Engaged Community

74.7k

Total Instagram
Followers

360k

Weekly Instagram
Impressions

36.2%

Newsletter
Open Rate

Our Tribe

The Whole Experience community is comprised of primarily minority women (**ages 25-50 years old**) who desire to live healthy and meaningful lives. Mostly residing in the **U.S, Canada and the UK**, our audience seek to see themselves reflected in the dynamic content and experiences we produce across social platforms, videos and experiential retreats.

Having tried most diets and exercise programs in the market without lasting success, these women are looking for an inclusive and welcoming space (on and offline) where they can get back to the basics of wellness and connect with like-minded women.

OUR RETREATS

Health, joy and sisterhood.

100 Women
joined us in
6 Countries
across **4**
Continents



Cape Town, South Africa



Phuket, Thailand



Bali, Indonesia



Cartagena, Columbia

Our Transformational Coaching

2

1,300

15k

Coaches

Women coached
to date

Cumulative total
of lbs lost

Project: YOU

W.E Give Back

3-5% of all proceeds from each retreat is given back to the wonderful countries that host us.

\$10,871

USD

Donations to date!

Click [here](#) for more details.





Tameika Gentles
@tameikag



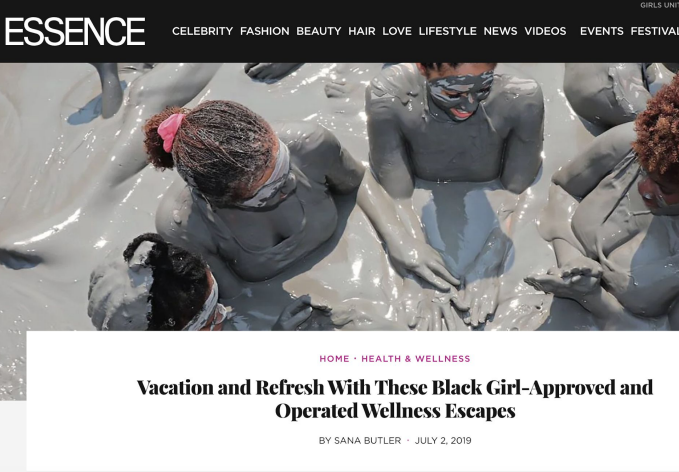
Whitney Gee
@whatagee88

MEET THE FOUNDERS

Founded in September 2017 in a coffee shop in Bali, Indonesia, a serendipitous meeting between Tameika Gentles and Whitney Gee (both solo travelers and total strangers at the time) led to an idea that would redefine wellness for a community of women.

Since losing 90 pounds, 14 years ago, Tameika has devoted her time to helping others achieve the happiness she has found on her health journey as a personal trainer and wellness advocate. Similarly, Whitney who is a trained dancer and Reiki practitioner, is on a mission to redefine our beliefs about health by approaching wellness holistically.

Through the lens of their own life experiences, the strangers-turned-business partners found a shared passion to do something about what the wellness landscape lacks. Together, their mission is deeper than weight loss. It is to empower others to build a lifestyle that breaks all of the typical rules and fast fixes encouraged by the fitness world. Changing the narrative by showing a different kind of transformation, The Whole Experience emphasizes the importance of inner fitness (mind, body and spirit).



PRESS We have been proudly featured across various media, including

Health

ESSENCE

HUFFPOST

TRAVEL✈️NOIRE

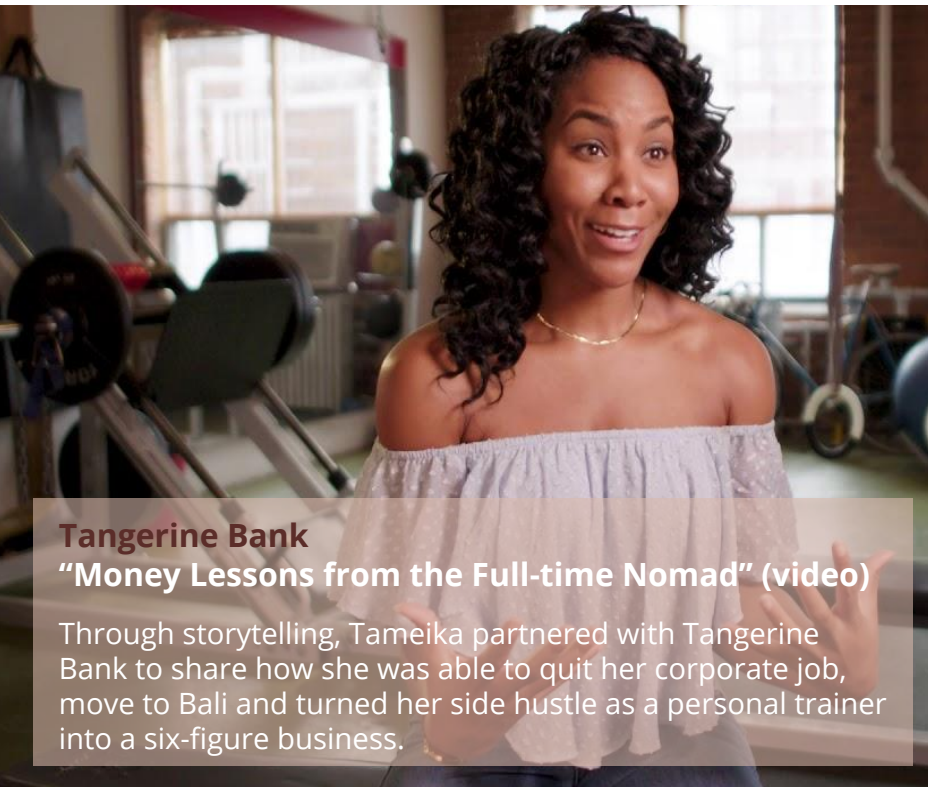
BUSTLE

EatingWell

B D O
BlackDoctor.org

ByBlacks

Past Partnerships



Tangerine Bank

“Money Lessons from the Full-time Nomad” (video)

Through storytelling, Tameika partnered with Tangerine Bank to share how she was able to quit her corporate job, move to Bali and turned her side hustle as a personal trainer into a six-figure business.



Paper & Coin

Finances, Fitness & Flights - In Conversation w/ Tameika

Candidly sharing her story with a sold out audience at Spaces (Queen West, Toronto). Tameika spoke of overcoming personal and financial obstacles to building her wellness businesses, all while travelling the world.

*click above images to watch video and view post.

THANK YOU.

Let's talk about partnering now!

All media & partnership inquiries:

hello@thewholeexperience.org

