



Are you tired, too busy, need more than a moment to yourself? Do you feel sluggish on the inside and does it show on the outside? Perhaps you feel anxious, stressed, a little bit blocked and disconnected from life? Maybe you've often thought about taking off to a wellness retreat but just can't seem to find the time, or figure out how you'd fit it all in?

Would you like to feel really well, deep inside – brimming with good health, vitality, energy, joy and happiness? Would you like to feel free, unlocked, limitless from top to toe? Would you like to have a more positive relationship with yourself, your body, your life and others?

From Chaos to Calm

Our One Day Wellness Retreat is made for you. It's one full day where you can let your hair down and rediscover your inner and outer wellness; where you can take the time to replenish your precious energy and come home to who you really are. For just one day you can leave behind the stresses and strains of modern living, the chains of commitments and find once more your natural, great peace.

Revive body, mind, soul and spirit

A One Day Wellness Retreat is made exclusively for you – it's only you and your practitioners whose only focus is you. You'll enjoy a day that's completely unpretentious, with no pressure to be anything other than just as you are.

And whilst it is a structured program, it's not rigid, so you'll have plenty of time to immerse yourself deep into your inner wellness, to explore and fall in love with your life again. You'll leave with a sense of aliveness, deep body freedom and spaciousness, cleaned from the inside out. You'll feel relaxed, vital, peaceful and happy and take home an essential DIY toolkit.

Throughout your day you'll work with at least two skilled, qualified and accredited practitioners, never more than three, so you don't feel overwhelmed, rushed or pushed from one person to the next.

There are plenty of good reasons why you should do it

And you know what they are – check it out, do you feel as happy, healthy and energised as you'd like to be. If the answer is NO, then you need to do life differently, it's that simple..and that's the beauty of this retreat, it's simple and uncomplicated, totally focused on restoring your good health.

Call your retreat guide direct: Julia 0417 411 465



One Day Wellness Retreat Program

Morning Meditation

BodyWise Movement – Yoga, Ecstatic Dance or Stretch

Naturopathic Consultation

Life Coaching Workshop

2 hour Traditional "old style" Hawaiian Lomi Lomi Massage

Completion Ritual

PLUS:

Pure Food lunch and naturopathic juices and teas

\$750

Special Offer until 31st March 2010. (RRP \$950)

BOOKING NOW

North Head Sanctuary, Manly NSW 2095

0417 411 465

One Day Wellness Retreat Program

Soothe the Mind Meditation

Under ancient trees, quiet and secluded, your day starts early with a traditional meditation to awaken your senses, helping your energy centres to prepare for a day of wellness. The focus is on reconnection with yourself, the earth, life, your true nature.

BodyWise Movement

With the mind gently prepared, it's time to turn off the thinking and tenderly reconnect with your body. Here you have three choices: gentle yoga outdoors, ecstatic dance – an unstructured form of movement that frees the body and the mind, body stretches to awaken the energy centres. Your movement choice is customised for your body and wellness needs.

Naturopathic Consultation

Working with a highly trained Naturopath and Herbalist, you'll have a full consultation that includes herbal remedies, lifestyle recommendations, iridology and nutritional suggestions for your body type and lifestyle needs.

Life Coaching Session

Here we work with you to review your lifestyle choices, needs, goals and options focusing on your mental and emotional health and wellbeing. These are holistic sessions that use a range of transformative processes to help you understand and learn more about habits, patterns, addictions, stress responses, difficult emotions, health issues and life challenges. Facilitated by a qualified counsellor and coach, you'll be given a DIY Coaching Kit to take home with you.

2 hour Traditional "old style" Hawaiian Lomi Lomi Massage

This is the ultimate in relaxation massage and only available through True Nature. It's our famous signature therapy – unchanged for hundreds of years. This is the full traditional Lomi Lomi, so you can totally relax, rejuvenate and detoxify the body whilst at the same time relieving painful tight spots and knots, balancing your mind and your body, soothing the nervous system, encouraging pent up stress and strains to simply float away. From your crown to your toes your whole body is cared for. More than a massage, it's an experience.

Rejuvenation Ritual

As the sun sets on your day, we'll quietly talk through all you've experienced, learned, your decisions and choices and how to consciously create any changes into your life. A traditional completion ceremony brings to an end your day.

Afterwards

Bring your swimming costume with you – beautiful Manly Beach and Fairy Bower are only a stone's throw from your retreat room and a swim in the ocean is the perfect ending to the perfect day before making your way home.

Bookings

Advance bookings are necessary and a 50% deposit is required at the time of booking. When you make your booking we'll send you our Terms and Conditions and all the information you need to feel fit and fabulous.

We look forward to welcoming you to The Sanctuary soon...