



# Natural Instinct Healing's

## Detox, Health & Wellness Retreat Centre

Owned and Operated by experienced and professional Western qualified Health Practitioners

*Griya Sekar Sari* is Natural Instinct Healing's secluded retreat oasis in central Ubud. Our retreat centre in Bali has boutique bedrooms and bathrooms - complemented by beautiful facilities including a pool, yoga, massage, and meditation pavilions, organic vegetable garden, and free WIFI - all set within the serene rice paddies of Ubud! We have tiered accommodation options to suit everyone, providing an experience for guests from all walks of life to enjoy.



We don't leave things to chance! Our team has over 10 years combined experience working specifically within the detox and fasting industry. Our Retreat Hosts and Western qualified Health Professionals are trained, qualified and experienced in; Naturopathy, nutritional medicine, vibrational and intuitive healing, yoga, reiki, emotional clearing, PSYCH-K®, Holoenergetics®, iridology, flower essence therapy and lifestyle counseling.



# Rest. Repair. Rejuvenate.

YOGA | DETOX | MASSAGE | SPA & SAUNA | MEDITATION | WORKSHOPS

## DETOX & CLEANSING ASSISTS IN THE HEALING OF THE FOLLOWING CONDITIONS

Digestive complaints, Stress, overweight & sluggish metabolism, skin conditions and allergies, hormonal imbalances in men and women, poor immune system, general tiredness and lethargy, overindulgence and food cravings, poor circulation, food intolerances, depression and anxiety, lack of concentration and focus, past or present injuries and convalescence, and slow healing capacity.

## THE POSITIVE EFFECTS OUR PROGRAMS

A boost in energy, Sound sleep, Clear skin, Strong nails and hair, Weight loss and body re-composition, Increased motivation and enthusiasm, Elevated mood, Mental clarity, Decrease in pain and inflammation in the body, Good bowel habits, Stronger immune system, and a whole lot more!

## HEALING IN SERENE ENVIRONMENTS & COMFORT

We do all we can to ensure you relax, unwind, and cleanse in a comfortable and safe environment. Our secluded yet central location is an oasis; accentuated by luxury retreat accommodation and facilities well equipped to Western standards ~ with a boutique Balinese flair! Additional “pampering” services such as body scrubs, facial treatments, colon hydrotherapy, pedicures, manicures etc., are all readily available to include on your retreat.

## EMPOWER, EDUCATE & INSPIRE!

We are committed to not only inspiring healthy lifestyles, but also empowering and educating our guests so they go home with practical tools to implement healthy lifestyle changes into their lives. As part of all our programs we have interactive workshops covering health, nutrition, raw food kitchen classes, conscious cleansing, work-life balance, professional and personal goal setting, and emotional clearing.

## UNIQUE RETREATS TAILORED TO MEET INDIVIDUAL GOALS

Natural Instinct Healing recognizes that each one of our clients are profoundly unique; so we offer a personalised approach to our retreats. From our standard retreat offering we can tailor a program to meet your individual needs and desired outcomes. It's all about nurturing YOU!

# Total Transformation Retreat

*A holistic journey of self discovery, health and healing...*

Our 14 night *Total Transformation* program is an advanced cleanse for guests wishing to completely unplug and go *deeper* into the physical, emotional and spiritual aspects of their health. The program combines two days on a pre-fast alkalizing liquid cleanse, followed by our amazing ten night "Simply Renew" fasting program, and then finishes with a two day post-fast *Raw and Superfood* re-integration, otherwise known as a two day food bliss party!

The *Total Transformation* allows guests to ease into and out of our fasting program - an ideal opportunity for the body to gently move through the healing process with ample time for guests to embrace and focus on each aspect of their current health state i.e. physical, emotional, and spiritual. The *Total Transformation* is perfect for guests with enduring health *dis-eases* and/or degenerative health conditions; and for those whose lives are out of balance and need to de-stress, re-balance, and return to their new lives with raised awareness, health, and clarity on how to go about maintaining a healthy lifestyle!

**Weight Loss | Stress Relief | Increased Vitality & Energy | Detoxification  
Digestive Balance | Increased Self Awareness | Hormonal Balance  
Liver Cleansing | Cellular Renewal | Mental Clarity | Immune Resistance**



## Fasting Detox Retreat

*The "Simply Renew" program is like hitting your re-start button...*

Our *Simply Renew* retreat focuses on detox and cleansing through fasting. This fasting retreat is suitable for anyone who wants, or needs, a deep and thorough cleanse and are serious about transforming their health.

*Simply Renew*, as the name suggests, is a fasting detox retreat that eliminates toxic build up in the body by restricting food intake, allowing your body's innate healing capacity to renew, rejuvenate and refresh all of its cells, organs, bodily systems and blood. Specific formulated herbal and nutritional supplements are added to this retreat to support the elimination of toxins with the addition of enemas, herbal steam baths, yoga, meditation, gentle exercise, fresh organic juices, broth soups, and herbal tea.

Complete emotional and spiritual support in addition to educational workshops and seminars are provided and our personalised approach delivers a retreat in which you will be supported, guided, educated and inspired to transform your health; and learn to take responsibility for your own wellness journey. With a strong emphasis on mind body medicine, this retreat is designed as a tool for cleansing, growth and renewal not only for your health but all aspects of your life. It is a huge transformational journey!

# Simply Raw! Live Food Retreat

*Getting back to eating as nature intended. Food as medicine.*

Our *Simply Raw!* program focuses on cleansing and detoxing the physical, emotional, mental and spiritual body through following a raw food diet. Our *Raw Live Food* retreat allows your body to rest and rejuvenate whilst encouraging tissue detoxification and cellular renewal.

Our team will have you back eating 'as nature intended'; allowing you to experience the true essence of food as medicine and inviting you to experience and witness what a profound life experience making simple changes to your diet can have. The retreats are jam packed with healthy, organic, and delicious food and practical kitchen workshops. Guests head home feeling rejuvenated and equipped with the tools to continue on their raw food journey!

**Raw Food Kitchen Classes | Tasty Treat Recipes | Nutritional Education  
Digestive Balance | Luxury Pampering & Massages | Raw & Living Foods  
Organic Superfood Smoothies & Elixirs | Raw Food Chefs**



*"This retreat has gone way, way beyond my expectations. I was feeling emotionally drained, tired, bloated and exhausted when I came. I have now lost 5.3 kilograms (11.7 pounds) - but far more importantly I feel spiritually and mentally wonderful and so happy within myself. My skin is so clear and I look forward to an emotionally and physically healthy life ahead!"*

Lindy Ellis - Fasting Detox Retreat

## Feel aLIVE Superfood Cleanse

*A tasty and transformative retreat, giving your body the rest it deserves...*

Our *Feel aLIVE Superfood Cleanse* is for guests looking for a gentler cleanse with an amazing menu including Superfood smoothies and raw food soups. The liquid based program allows cleansing and detoxification to occur at a slower and gentler pace, with toxins and impurities being released with less intensity and therefore fewer symptoms.

The cleansing process works by taking 'pressure' off your body's everyday functioning; allowing it to heal itself through rest, relaxation, specific healing techniques, and herbal medicine - all designed to encourage the bodies own innate self healing capacity.

We honour and respect the local culture and traditions of the beautiful Balinese. We have a full time team of Balinese staff who influence our programs with the integration of local health and healing practices, amazing local organic produce, and the unique Balinese and Buddhist healing life force. We love the Balinese way of life and our aim is to share as much of this as possible within our retreat space. The word '*Ubud*' means '*medicine*' in the local dialect, and Ubud has long been the medicinal and healing epicenter of Bali; a perfect location for our health and healing retreats...

# Program Inclusions

- 🏠 Airport/Hotel pick up and drop off
- 🏠 Pre-cleanse support and information
- 🏠 Welcome Pack & Educational Workbook
- 🏠 Full use of retreat facilities
- 🏠 Thorough orientation, health assessment and physical examination
- 🏠 Two (2) x one-on-one personal Health and/or Healing sessions with qualified professionals
- 🏠 Steam and Sauna session(s) at local Spas (every 3<sup>rd</sup> day)
- 🏠 Massages every 2<sup>nd</sup> day throughout the retreat
- 🏠 Guided meditations
- 🏠 Daily guided exercise classes e.g. yoga, guided walks, water therapy, bike tour.
- 🏠 Daily enemas (optional on Superfood and Raw Food)
- 🏠 1 x Cultural Excursion (for 7, 10, & 14 night programs)
- 🏠 Constant on-site guidance and support from trained health professionals
- 🏠 All fresh juices, coconuts, broth soup and herbal teas (local organic produce wherever possible).
- 🏠 Superfood Smoothies and Raw Live Food meals depending upon your program choice.
- 🏠 Practitioner prescribed herbal supplements, vitamins, and probiotic supplements to support and enhance the detox process
- 🏠 Workshops on a variety of topics including nutrition, kitchen workshop, conscious cleansing, emotional clearing, work-life balance, etc.
- 🏠 Liver Flush Drink and supporting supplements (Fasting Detox program)
- 🏠 1 x Bike Tour through the scenic Bali Rice Paddies!

## 2015 Personal Investment ~ Pricing Schedule

For all room photos, descriptions & details please visit the website

Room Options	No Accom*	Anahata*	Vishuddhi	Ajna	Muladhara	Manipura	Sahasrara
Fasting Detox 5 nights*	\$1450	\$1750	\$1800	\$1850	\$1950	\$2050	\$2150
Fasting Detox 7 nights	\$1680	\$2100	\$2170	\$2240	\$2380	\$2520	\$2660
Fasting Detox 10 nights	\$2000	\$2600	\$2700	\$2800	\$3000	\$3200	\$3400
Superfood Cleanse 5 nights	\$1575	\$1875	\$1925	\$1975	\$2075	\$2175	\$2275
Superfood Cleanse 7 nights	\$1855	\$2275	\$2345	\$2415	\$2555	\$2695	\$2835
Raw Live Food 5 nights	\$1700	\$2000	\$2050	\$2100	\$2200	\$2300	\$2400
Raw Live Food 7 nights	\$2030	\$2450	\$2520	\$2590	\$2730	\$2870	\$3010
Total Transformation 14 nights	\$2520	\$3360	\$3500	\$3640	\$3920	\$4200	\$4480

*“The 10 day detox program has been the most enlightening and positive life experience I have ever had, with some very special people... I feel so calm, clear and clean!”*

Katherine Maslen - Naturopath & Western Herbalist

### Notes to Personal Investment Schedule

- Anahata Rooms are two adjoining bedrooms with a shared bathroom. The shared bathroom is off one of the bedrooms.
- ‘No Accom’ prices are for the retreat facilitation fee only. Off-site accommodation options are available when NIH are fully booked at the retreat centre.
- The 5 night fasting detox is for returning guests and subject to our health practitioner’s approval. We have a 7 night minimum program policy for ‘first time fasters’ with Natural Instinct Healing.
- All retreat prices are quoted in US Dollars (USD).
- Natural Instinct Healing reserve the right to change the Pricing Schedule at any time, without notice.