

Natural Instinct Healing's "Simply Renew" Fasting Detox Retreat

Giving yourself the greatest gift of all - a chance for your body & mind to relax, rejuvenate, and renew...



Retreat Details

Date May 2012

Location South-East QLD and/or Northern NSW

We're thinking Sunshine Coast, Gold Coast, Byron Bay...

Cost TBA

Early Bird Special Price

Pay your deposit before the 1st of March and receive a 10% discount!

Natural Instinct Healing's *Simply Renew* Fasting Detox Retreat is educational, empowering, inspiring, and transformational!

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 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 it's 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 additional support of enemas, yoga, meditation, gentle exercise, fresh organic juices, organic broth soups, and herbal tea.

Complete emotional and spiritual support in addition to educational workshops and seminars are provided. 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!



Australian Retreat Bookings

For further information on pricing, dates, and retreat inclusions please make a booking enquiry on our website:

www.naturalinstincthealing.com



“Anyone desiring a retreat to renew should consider Natural Instinct Healing in beautiful Bali. The surroundings are lush and peaceful, and Kate and Becky provide the right amount of support to help individuals achieve their goals. This retreat is perfect for those who desire a practical approach to incorporating health and wholeness in daily life. I felt comfortable sharing my daily challenges and came to appropriate solutions that will allow me to stay true to my healthy path, while existing in the ‘real world’.”

Erica Dunkin ~ January 2012



“I can’t believe the way I feel... I feel fantastic. I am sleeping well, my inflammation levels are right down, to the point where I haven’t had any pain relief help for days, & I feel I am moving much more freely. Also my enthusiasm levels are at a pitch I haven’t felt for ages. I am certainly recommending the Simply Renew program to anyone who will listen to me, & I may have to hire a bus when I come back next year!”

Jan McFarlane ~ Sept 2011

Experienced Health Professionals...

We don’t leave things to chance! With over 15 years combined experience within the Health & Wellness industry, Natural Instinct Healing make sure our clients get the results through the presence and support of Western trained Health Professionals. Our staff are educated, trained and experienced in; Naturopathy, nutritional medicine, vibrational and intuitive healing, yoga, reiki, emotional clearing, PSYCH-K®, Holoenergetics®, flower essence therapy, iridology, and lifestyle counseling.

The Benefits!

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

The *Simply Renew* retreat is like hitting your “re-start” button...

Making the effort to participate in our retreat will be a huge step in your growth and healing journey, and one that we are sure you will not regret. Taking the time out of your busy schedule and daily routines to work and focus directly on you and your health is one of the greatest gifts you can give to yourself.



What’s Included?

- ✚ Pre-cleanse support and info before coming to the retreat
- ✚ Accommodation for length of retreat and full use of facilities
- ✚ Constant on-site guidance and support from trained professionals during the entire length of retreat
- ✚ Orientation on arrival including personalized health assessment and physical examination
- ✚ Welcome Pack & Educational Workbook incl. information on the process of fasting, recipes to take home, refresher sprays, and a whole lot more!
- ✚ All fresh juices, coconuts, broth soup, and herbal teas (local organic produce)
- ✚ Practitioner only herbal products, minerals, vitamins and probiotic supplements to support and enhance detoxing capacity of the body
- ✚ Daily guided exercise classes - including yoga, water therapy, guided walks, etc
- ✚ Massage every second day throughout the retreat
- ✚ Daily meditations
- ✚ Workshops on a variety of topics including nutrition, eating for health, food as medicine, conscious cleansing, emotional clearing, hormonal balance and weight loss.
- ✚ 2 x one-on-one personal Health and/or Healing sessions of your choice with our onsite Naturopaths, Nutritionists & Healers
- ✚ Daily enemas