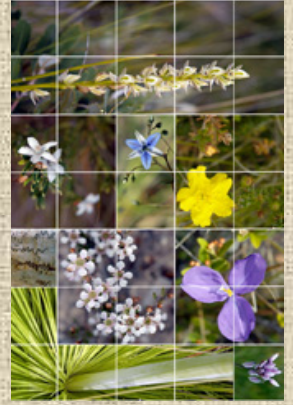
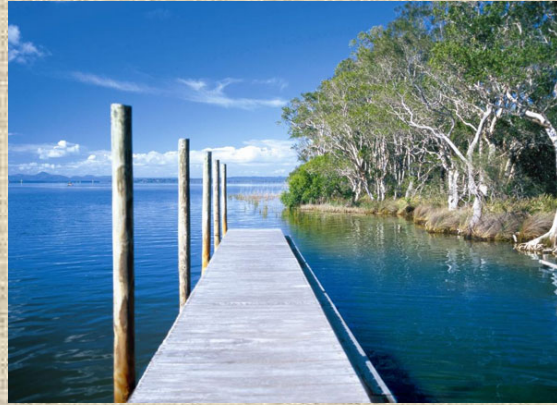


Fasting Detox Retreat



Lake Weyba, Noosa - Sunshine Coast QLD



Natural Instinct Healing

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Retreat Details

Thank you for the opportunity to present this personal retreat information brochure. This brochure confirms that at this point in time we have availability for you to join our Detox Fasting Retreat on the Sunshine Coast, QLD. To avoid disappointment, we suggest you confirm your booking with us as soon as possible.

Retreat Overview & Health Benefits!

Whilst you are fasting (abstinence from food), your body will be purged of long-term accumulated toxins and acid wastes which are affecting its ability to absorb nutrients and potentially adding to *dis-ease* in your body. Our retreat activates your body's innate healing capacity to renew, rejuvenate and refresh all of its cells, organs, bodily systems and blood.

Practitioner prescribed herbs and natural supplements are utilised to literally "pull out" the toxins via the body's elimination pathways i.e. colon, skin, kidneys, liver, lungs and lymph nodes. And the additional support of enemas, yoga, meditation, massages, spa & sauna, gentle exercise, fresh organic juices, organic broth soups, and herbal teas ensures a deep and thorough cleanse.

As the toxic load reduces throughout the retreat, the functioning of every cell in your body is enhanced, which makes our *Simply Renew* Retreat a very powerful tool for the elimination of disease processes in the body, building up energy, strength & vitality, and assisting in weight loss.

It is the rise in our overall toxicity levels that often leads to increased health complications and disease processes.

COMMON PRE-FAST HEALTH COMPLAINTS

- 🌿 Digestive complaints
- 🌿 Stress
- 🌿 Overweight & sluggish metabolism
- 🌿 Skin conditions and allergies
- 🌿 Hormonal imbalances in men and women
- 🌿 Poor immune system
- 🌿 General tiredness & lethargy
- 🌿 Overindulgence & food cravings
- 🌿 Poor circulation
- 🌿 Allergies and food intolerances
- 🌿 Depression and Anxiety
- 🌿 Lack of concentration and focus
- 🌿 Past or present injuries & convalescence
- 🌿 Slow healing capacity

WHAT TO EXPECT AFTER THE RETREAT!

- Weight Loss & Body Re-composition**
- Increased Enthusiasm & Motivation**
- Stress Relief & Mental Clarity**
- Increased Vitality & Energy**
- Digestive Balance & Immune Resistance**
- Detoxification & Cellular Renewal**
- Increased Self Awareness**
- Liver Cleansing & Hormonal Balance**
- Reduced Cravings & Elevated Mood**
- Improvement in Blood Circulation**



Retreat Location

Our retreat will be facilitated on pristine Lake Weyba in the Noosa Coastal Hinterland on Queensland's Sunshine Coast, Australia. Just behind the coastal dunes is untouched Lake Weyba, and [Eumarella Shores](#) - an award winning absolute lakefront retreat centre nestled on the water's edge, minutes from Noosa. The enchanting accommodation and secluded location sets the perfect scene for your personal health and healing journey.

The quaint village of Eumundi with its iconic markets is just 15 minutes to the southwest, with the sheltered beaches and shops of Noosa Heads only a 10 minute drive away. Included in the retreat package will be a visit to the renowned Eumundi Markets and movement classes at pristine local beaches.

Guests arriving at Brisbane Airport have just a 90 minute journey north to Eumarella Shores, subject to traffic conditions. Guests arriving at Maroochydore Airport on the Sunshine Coast have only a 20 minute journey north. Airport transfers for guests can be organised upon request.



Example of Daily Supplement & Activity Schedule

Natural Instinct Healing are well experienced in the art of providing constant support to guests while giving them the space and inspiration to follow their own personal healing journey.

Time	Supplements	Activity
7:00am	Detox Shake & Herbal Tea	Enema
8:30am	Detox Herbs & H ² O ²	Yoga (every 2 nd day) or Water Therapy, Guided Bush/Beach Walks, Gentle Exercise
9:30am	Hydration Drink & Herbal Tea	
10:00am	Detox Shake	
11:30am	Detox Herbs & Live Green Juice	Workshop (every 2 nd day) or Local Excursion
1:00pm	Detox Shake	Private one-on-one session with Practitioner
2:30pm	Detox Herbs & Coconut Water	Massage (every 2 nd day) or Spa & Sauna (every 2 nd day)
4:00pm	Detox Shake & Herbs	Enema
5:00pm	Herbal Tea	Guided Meditation
6:00pm	Broth Soup & Detox Herbs	
7:30pm	Detox Shake (Optional)	Movie & Group Discussion

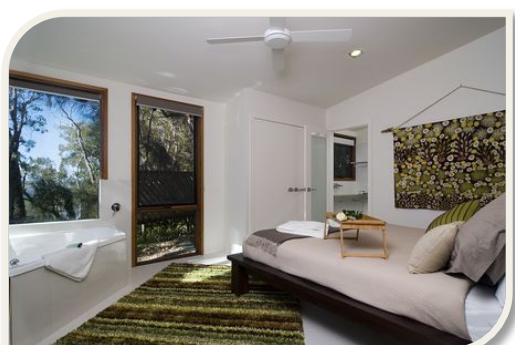


Accommodation Details



Contemporary Lakehouses (Single & Twin)

Noosa style contemporary, individually themed featuring works by local artists, 2 bedroom lakehouses. Soft furnishings using limited edition designer fabrics, coupled with modern furniture. Wood fires. King single spas.



Lakefront Cottages (Couples)

Enchanting, romantic cottages, enjoying a superb absolute lake front position, featuring wood fires, and verandah overlooking the lake. These cottages will provide the perfect setting for couples looking to join in with the group while still enjoying seclusion and privacy. Private lakeside beach platform or deck (please request).

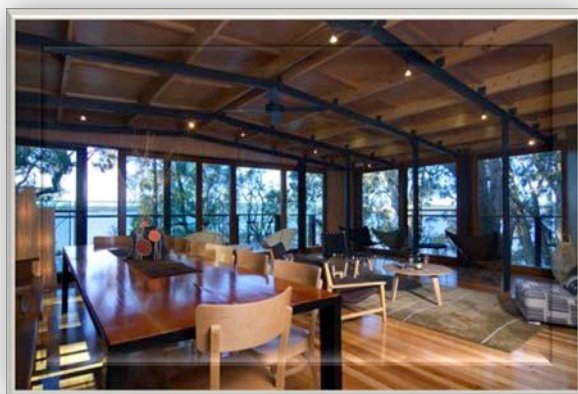
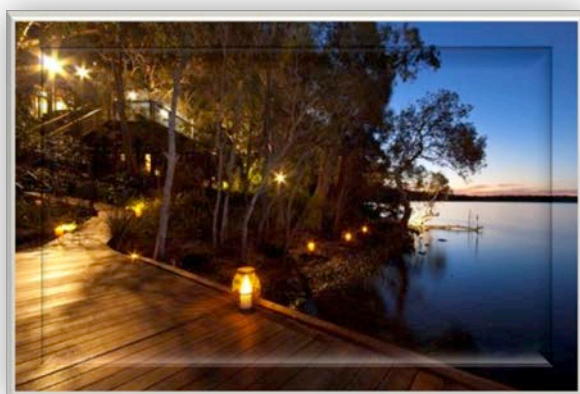
All accommodation includes:

- Private lake access.
- Complimentary use of canoe
- Fully self-contained for privacy and seclusion.
- Separate lounge with soft, comfortable suite.
- Dining area – for teas and broth!
- DVD, CD and TV systems.
- Fine bed and luxurious bath linen included.
- Single or double spas – on request.
- Wood or gas fires.
- Fully screened.
- Eco conscious passive solar design features.
- Natural cooling lake breezes and tree canopy.
- Private laundry facilities.
- Undercover car parking at cottage/lakehouse.

Luxury Lake Pavilion (Group Retreat 'Venue')

Natural Instinct Healing will have exclusive use of the 'Luxury Lake Pavilion' throughout the retreat; to facilitate daily activities including yoga, meditation, health food workshops, educational videos, and much more. The Pavilion will be the 'hub' of the retreat and a perfect setting for informative and inspiring group sessions.

Floor to ceiling glass opens onto the lakefront deck with stairs leading down to a raised boardwalk and a timber deck hovering over the water. Two special guests will also reside in the luxurious bedrooms of the Luxury Lake Pavilion...





Retreat Inclusions

Your quoted retreat package price includes:

- ✔ 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 including 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 (we use local organic produce where ever possible)
- ✔ Practitioner only herbal products, minerals, vitamins and probiotic supplements to support and enhance detoxing capacity of the body
- ✔ Daily guided exercise classes - including 4 group yoga classes, water therapy sessions, canoeing and guided bush/beach walks.
- ✔ 3 x one hour massages tailored to further enhance the detoxification process
- ✔ 2 x one hour Spa & Sauna sessions to further enhance the detoxification process
- ✔ Workshops on a variety of topics including nutrition, eating for health, food as medicine, conscious cleansing, emotional clearing, hormonal balance and weight loss.
- ✔ 1 x one-on-one personal Health and/or Healing sessions of your choice with our onsite Naturopaths, Nutritionists & Healers.
- ✔ 1 x morning excursion to Eumundi Markets (Optional)
- ✔ Daily enemas
- ✔ Daily guided meditations

Personal Investment

Retreat Package		
2103 PRICING TO BE ANNOUNCED		
Single Occupancy – Private Bedroom & Bathroom in 2 bed shared Contemporary Lakehouse	NORMAL PRICE	\$TBA
	EARLY BIRD SPECIAL PRICE [↓]	\$TBA



Optional Extras

Optional Extras		
One-on-one consultations with Health Practitioners [♪]	60-90 minutes	\$100
Spa treatments incl. Facial, Manicure, Pedicure & Mud Baths	30+ minutes	\$65+
Private Yoga Classes [♪]	60-90 minutes	\$100

♪ To secure an Early Bird discounted rate guests must make a 50% non-refundable deposit by 15th #c&x> ; i®

♪ One (1) consultation is included within the retreat package price - additional sessions include Naturopathic and Nutrition, Flower Essence Therapy, and Intuitive Healing & Emotional Clearing.

♪ Four (4) group yoga classes are included with the retreat package price.

The Small Print...

Reservations are held by a minimum 25% non-refundable deposit of the total booked package. The remaining balance is due no later than 14 days prior to arrival (or on arrival subject to arrangement with Management), with any additional charges finalised upon check out.

To secure the Early Bird discounted price guests must make the 25% non-refundable deposit. We hope to share the experience with as many people as possible; as such *Payment Plans* can be arranged directly with Management if requested.

Payments can be made via bank transfer to Australian, Indonesian, or Canadian bank accounts. All payments made via Credit Card through our PayPal account will incur an additional 3.4% fee; we hope you understand that we have to pass on this incurred cost to our clients.

Cancellations made within 2 weeks of the arrival date forfeit the full package amount, unless specific arrangements are made directly with Management.

Contact / Find Us

Should you have any questions about this retreat please contact Natural Instinct Healing at any time via email. If you would prefer to discuss over the phone/Skype please provide us with a contact number and/or Skype address, your time zone, and preferred time of day for contact.

Email: info@naturalinstincthealing.com

Website: www.naturalinstincthealing.com

Skype: naturalinstincthealing

Facebook: Natural Instinct Healing

Twitter: NIHealing

LinkedIn: Natural Instinct Healing