

# 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!

## 2014 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*	14,500,000 (\$1450)	17,500,000 (\$1750)	18,000,000 (\$1800)	18,500,000 (\$1850)	19,500,000 (\$1950)	20,500,000 (\$2050)	21,500,000 (\$2150)
Fasting Detox 7 nights	16,800,000 (\$1680)	21,000,000 (\$2100)	21,700,000 (\$2170)	22,400,000 (\$2240)	23,800,000 (\$2380)	25,200,000 (\$2520)	26,600,000 (\$2660)
Fasting Detox 10 nights	20,000,000 (\$2000)	26,000,000 (\$2600)	27,000,000 (\$2700)	28,000,000 (\$2800)	30,000,000 (\$3000)	32,000,000 (\$3200)	34,000,000 (\$3400)
Superfood Cleanse 5 nights	15,750,000 (\$1575)	18,750,000 (\$1875)	19,250,000 (\$1925)	19,750,000 (\$1975)	20,750,000 (\$2075)	21,750,000 (\$2175)	22,750,000 (\$2275)
Superfood Cleanse 7 nights	18,550,000 (\$1855)	22,750,000 (\$2275)	23,450,000 (\$2345)	24,150,000 (\$2415)	25,550,000 (\$2555)	26,950,000 (\$2695)	28,350,000 (\$2835)
Raw Live Food 5 nights	17,000,000 (\$1700)	20,000,000 (\$2000)	20,500,000 (\$2050)	21,000,000 (\$2100)	22,000,000 (\$2200)	23,000,000 (\$2300)	24,000,000 (\$2400)
Raw Live Food 7 nights	20,300,000 (\$2030)	24,500,000 (\$2450)	25,200,000 (\$2520)	25,900,000 (\$2590)	27,300,000 (\$2730)	28,700,000 (\$2870)	30,100,000 (\$3010)
Total Transformation 14 nights	25,200,000 (\$2520)	33,600,000 (\$3360)	35,000,000 (\$3500)	36,400,000 (\$3640)	39,200,000 (\$3920)	42,000,000 (\$4200)	44,800,000 (\$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.
- Retreat prices are quoted in Indonesian Rupiah. The example "\$" prices quoted in brackets are for example purposes only, based on a relevant exchange rate of 1 AUD/USD = 10,000 IDR. Please use *XE Currency* website for foreign currency pricing.
- Natural Instinct Healing reserve the right to change the Pricing Schedule at any time, without notice.