



RE-VITALIZE YOUR LIFE RETREAT



5-9<sup>th</sup> May 2011 KOH SAMUI , THAILAND

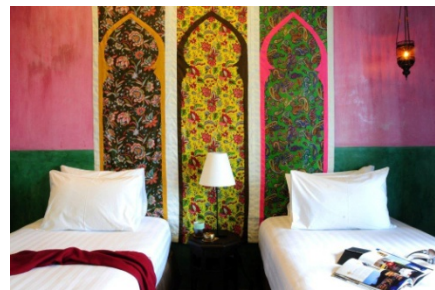


FREE YOUR MIND  
ENERGIZE YOUR BODY  
NURTURE YOUR SPIRIT OF ADVENTURE

Revitalize your life this Spring at the Absolute Sanctuary with Julie Lewis on this ultimate long week-end retreat to the gorgeous Island of Koh Samui

### **Day One : Thursday 5<sup>th</sup> May**

Arrive Koh Samui , airport pick up and transfer to the Absolute Sanctuary. Check into superior rooms ( twin or single ) . Scrumptious Dinner at the Love Kitchen, retreat briefing & orientation. Dreamy nights sleep



### **Day Two : Friday 6<sup>th</sup> May**

- 7.30am Morning guided meditation
- 8.00am The Five Tibetans
- 8.30am Breakfast at the Love Kitchen
- 10.00- 12 noon Revitalize & Simplify Your Life Workshop
  
- 12.15 onwards Lunch at the Love Kitchen or by the pool.



After lunch free time for spa & detox treatments, one to one consultations with resident practitioners, reading, swimming & chilling by the pool, steam room. Option to go into Cheongmon for retail therapy! Bonus workshop with Danielle Ribs – Emotional Detox – let go and get going !



- 4.30- 5.30 pm Yoga class ( optional )
- 7.00 pm Dinner at the Love Kitchen
- Overnight at the Absolute Sanctuary

### **Day Three : Saturday 7<sup>th</sup> May**

- 7.30am Morning guided meditation
- 8.00am The Five Tibetans
- 8.30am Breakfast at the Love Kitchen
- 10.00- 12 noon Power of Three Workshop
- 12.15 onwards Lunch at the Love Kitchen or by the pool.

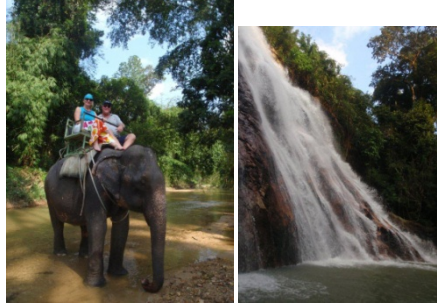
After lunch free time for spa & detox treatments, one to one consultations with resident practitioners, reading, swimming & chilling by the pool, steam room.



- 2.00pm shuttle to Cheongmon Beach ( optional)
- 4.30- 5.30 pm Yoga class (optional)
- 7.00 pm Dinner at the Love Kitchen
- 8.00 pm Briefing on Tuesday's programme
- Overnight at the Absolute Sanctuary

### **Day Four Sunday 8<sup>th</sup> May**

- 7.30am Morning guided meditation
- 8.00am The Five Tibetans
- 8.30am Breakfast at the Love Kitchen
- 10.00- 12 noon Creating Vision boards – The Law of Attraction
  
- 12.15 onwards Lunch at the Love Kitchen or by the pool.



- 1.30pm Pick up for transfer for Elephant trekking & swim in the Namung Waterfalls .
- 7.30pm Dinner at Chewang Beach ( at own cost )
- Overnight at the Absolute Sanctuary

### **Day Five Monday 9<sup>th</sup> May**

- 8.00 Breakfast at the Love Kitchen
- Check out for transfer to airport for flight home
- Option to extend your stay and take advantage of special post retreat rooms rates

Investment : Dhs 4,500 per person on twin share basis for UAE/ Dubai Clients  
Dhs 5,000 per person on single room basis

HK\$ 9,500 per person on twin share basis for Hong Kong/Asia clients  
HK\$ 10,500 per person on single room basis

Includes :

- Accommodation in superior rooms on twin share or single basis
- Airport transfers
- Julie Lewis as retreat leader
- Healthy Breakfast, lunch and dinner at the Absolute Sanctuary where stated in programme
- 3 Guided morning meditations and 3 “ Five Tibetans” sessions
- 3 workshops ( 2 hr sessions )with Julie as per programme, workshop notes and materials
- Bonus 1 hour workshop on detoxing your Emotional Clutter with Danielle Rib

### Inclusions cont'd

- Elephant trekking & Namung waterfalls tour on day four
- Complimentary shuttle to Cheongmon & Chaweng Beach
- 1 complimentary foot massage ( special prices apply for longer massage or other type of massage)

### Excludes :

- Dinner and drinks at Chewang Beach on day four
- Drinks with lunch and dinner taken at the Absolute Sanctuary ( payable on check out on individual consumption 15% discount applies)
- Personal taxi fares
- Afternoon/ evening Yoga sessions ( Thai Bht 250 per session payable on individual basis)
- Additional Spa treatments ( special discounts apply)
- One to one consultations with in house practitioners

### Special discounts for all participants :

- 20% discount on all a la carte spa and detox treatments
- 15% discount on any additional food and beverages during the retreat
- 50% discount off room rack rates for you after the retreat

### Facilities at the Absolute Sanctuary

- \* 38 Fabulous Moroccan inspired rooms with modern amenities
- \* Detox centre with 9 private treatment rooms all featuring a colon hydrotherapy bed
- \* Spa centre with 4 indoor treatment rooms and an outdoor open air massage area
- \* Yoga centre
- \* The Love Kitchen specializing in healthy delicious cuisine
- \* A gorgeous 20 x 8 m infinity swimming pool and sundeck
- \* Juice bar serving fabulous juices, smoothies , fresh coconut juice and energy boosters to Refresh & revitalize you.
- \* Steam room for you to sweat and detoxify !
- \*Free wireless internet

Programme content :

### **Morning Meditation**

This will be a 20 minute guided meditation . It will be based on the “ah” sound of creation and is the perfect meditation for manifesting through the power of intention. Through this ancient form of meditation you will develop the ability to bring what you desire into your life . Focusing on creating a channel of energy from the root chakra to the third eye chakra you will use the sound to create and manifest that which you wish to bring into your life. I have been using this meditation on a daily basis , you will find it so easy to follow and keep with on your return home. This is a great kick start to disciplining your mind.

### **The Five Tibetans**

The Five Tibetans are five dynamic yoga exercises for health, energy and personal power. The exercises were developed & practised by Tibetan Lamas in monasteries high in the Himalayas . The moves are reputed to strengthen the body, enhance energy, regenerate body & mind and stem the aging process. During our retreat we will complete the five moves after our morning meditation along with the interim breathing exercise that is done after each one of the moves. As it takes time to build up to the full 21 repetitions of each move it is recommended that you practise the moves prior to our retreat so upon receipt of your completed booking form and payment an instruction document with accompanying photographs will be sent to you so you can model your posture, footing and position according to what you see and ensure that you are practising properly – the goal is to work towards completing 21 repetitions of each of the five moves , take your time and build up slowly – there is no pressure to do 21 during our retreat, each participant can do as many or as little as they feel comfortable with and modifications will be given during class for those not quite up to the full moves.

## The Workshop Series Overview

### **Workshop One : Revitalize & Simplify Your Life ( 2 hrs )**

If you are feeling in need of a boost to your energy levels and long for more zest to your life this fabulous 2 hour workshop will provide you with all the right ingredients to help you shape up, feel great , look good , relax and glow with vitality. Learn how to make small changes to your lifestyle that will make a massive difference to your health and well being. Packed with great ideas and easy to follow steps you will take away a plan to keep you on the right track whatever your lifestyle.

## Workshop Two : The Power of Three ( 2 hrs )

Modern life is often fast and furious and offers little respite for those of us seeking serenity and balance. This workshop offers you a new code for life based on Mountain High's Power of Three philosophy centred around three core concepts :

Free Your Mind  
Energize Your Body  
Nurture Your Spirit of Adventure

Learn how to access more resourceful empowering states whatever the external circumstances are. Your life is a direct reflection of the workings of your mind and body. If you are not living a life you love then now is the time to transform your life from the inside out. This is a fun interactive workshop and will teach you "how to" live the Power of Three in your everyday life.

## Workshop Three : Creating your own vision board – the Law of Attraction ( 2hrs )

A vision board is a simple yet powerful visualization tool that activates the universal law of attraction to begin manifesting your dreams into reality. The concept of the vision board (also known as a goal board, goal map, or treasure map) has been around for generations, but it gained a renewed interest and popularity after the book & movie – The Secret.

A vision board is simply a visual representation or collage of the things that you want to have, be, or do in your life. It consists of a poster or foam board with cut-out pictures, drawings and/or writing on it of the things that you want in your life or the things that you want to become. The purpose of a vision board is to activate the law of attraction to begin to pull things from your external environment that will enable you to realize your dream. By selecting pictures and writing that charges your emotions with feelings of passion you will begin to manifest those things into your life. From a psychological view the law of attraction can be best explained by the information filtering system of the brain known as the reticular activating system (RAS). Vision boards serve the role of programming the RAS to tune into external stimuli that can help us move closer towards our intentions. Where the focus goes the energy flows – this is a fabulous workshop!

**Bonus Workshop with Danielle Ribs – Journey Practitioner  
Drop Your Emotional Baggage**

**Emotional Detox Program**



Join Danielle on this one hour workshop to teach you how to unload emotional weight. Every time you get stuck with an emotion or try to suppress it, it stays in your body. It clutters your organs, your muscles & your bones. Your mind tries to protect you by creating unhealthy beliefs that become your reality. It also feeds you with fear, doubt and judgment. Open again to the raw negative emotion and go deeper, to the next emotion and the next one, until you drop to positive, free and expanded feelings. There lies your Essence, the place of peace and joy you can build your happy and healthy life on.

\* One to one consultations will be available with Danielle during the retreat.

**SIGN UP NOW !**

Payment terms :

Full payment is required on booking ( cash, cheque, bank transfer )  
Guaranteed to run with 8 clients  
Cut off date for bookings & payment 14<sup>th</sup> April 2011

Flights : Direct round trip flights are available from Hong Kong and can be booked through Mountain High's preferred ticketing agent – The Flight Centre. You can also fly via Bangkok if you wish to spend time there prior to or after the retreat. The Flight Centre guarantee their prices are UNBEATABLE ! Contact Jonathan on [Jonathan.csanyifritz@flightcentre.com.hk](mailto:Jonathan.csanyifritz@flightcentre.com.hk)

Alternatively you may wish to use your own travel agent.

For those joining from Dubai flights are via Bangkok and there are plenty of domestic flights to Koh Samui .Please ensure you reach the Absolute Sanctuary by 7.30pm on the 5<sup>th</sup> May . For a competitive quote contact Jonathan at the Flight Centre

[Jonathan.csanyifritz@flightcentre.com.hk](mailto:Jonathan.csanyifritz@flightcentre.com.hk)

Or arrange through your regular travel agent.

Please make sure you have a least 6 months validity on your passport.

Currency : Thai Bhat , payment for additional extras at the Absolute can be paid in cash ( Thai bhat ) or by credit card on departure.

Clothing : A suggested packing list will be sent to you on receipt of your completed booking form and payment. Needless to say you are encouraged to travel light.

Insurance : Please make sure you have travel insurance in place for the trip

NEXT STEP : Call or email Julie with any questions, request booking form, complete and return form along with full payment by 14<sup>th</sup> April

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