



guidance and support to expand your awareness from the inside out



begin with ...

Dip Your Toe In

introductory retreat weekend

If you have never experienced a Living Synergy Lifestyle retreat before, this is where to begin, your opportunity to **Dip Your Toe In**, and plant some seeds for your future.

Living Synergy retreats are all about **YOU**. They are **small** and **intimate immersion lifestyle** retreats, where you learn by experience and we walk together allowing your **natural synergy** to surface and flow.

This retreat is designed to introduce you to the world of Living Synergy. In particular, how **living plant-based foods**, **massage**, **meditation**, **yoga**, and the **force of life itself**, work together to renew and enhance your quality of life.

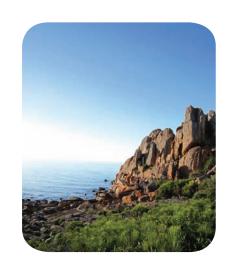
Living Synergy lifestyle retreats will inspire you to be truly you ...
not something more, better, different ...
just you ...
that is unique and extraordinary in itself!



then be invited to ...

Personal Total Immersion

ongoing lifestyle retreats



For those who have previously enjoyed the Living Synergy *Dip Your Toe In* introductory retreat weekend, you are now invited to retreat to **your home away from home** to enjoy a deeper experience.

The seeds have been planted and now it is time to **build solid foundations for daily life**. Just as a young sprout needs nourishment, so does your mind, body, heart and soul.

These ongoing retreats are designed to be **completely individual** and give you the freedom and opportunity to **dance to your own tune** and take each day as it comes.

You will have the opportunity to spend some quality time with Jen and soak up all she has to offer in this **unique**, **relaxed** and **nurturing** environment. You will leave with new, or renewed, **foundations** to draw upon in your daily life.

Keeping it simple, keeping it real.



general retreat info ...



The retreat is located in the **magnificent South West** of **Western Australia**, just outside **Dunsborough**, in the heart of natural, peaceful beauty, a short distance from a choice of **pristine beaches**.

My immersion lifestyle retreats are **unique**, **personal** and **exclusive**. I only work with a **small number** of people at any one time, opening them to the inherent living synergy they truly are.





You will come to appreciate that it is often what you leave out that can have the most profound effects in your life. Get to feel what happens when you take the burden off your digestive system, and allow yourself to heal on all levels.

You will **intuitively** know when you are ready for your next **Personal Total Immersion** retreat. You will know first hand what these retreats are all about, what's on offer, and what works for you in order to **create your individual package**.





Relax and know that all is taken care of, this space is **here** when you need it. Come on your own or make up a small group with your family and friends.

Live **locally** or **already have accommodation**? Create an **individual guidance/support package** for yourself, or a **group**. See last page for options. Blender/juicer hire also available.



I created this space and opportunity as I wanted it for myself, and I look forward to sharing it with you.

Living Synergy

also available...

Lifestyle Realignment guidance & support packages

- one-on-one regular support over a 3 month period to help you take the first steps towards making some changes in your lifestyle today
- in person, over the phone or skype
- take this journey at your own pace knowing you have guidance and support every step of the way to help you move through any questions, blockages or challenges that may show up

Options available ...

Let's Get Started package

Dive a Little Deeper package



also available...

Personal guidance/support sessions & demos

- One-on-one personal guidance/support sessions (in person, phone, skype or email)
- Green juice, nut milk and smoothie hands-on demo



Personal intro to healthful lifestyle/detox/greater self-awareness class

Meditation classes

 Individual or small group meditation class or course (max 4 people)



Massages (for retreat guests only)

- ½ hr head, neck, shoulders massage soothing & relaxing
- 1 $\frac{1}{2}$ or 2 hr massage to soothe & allow your flow to surface plus $\frac{1}{2}$ hr on table afterwards to relax & integrate



for further details, calendar, rates and to book

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Dunsborough | Western Australia

Living Synergy