

Living Synergy

lifestyle retreats

consider this ...

your home away from home



guidance and support to
expand your awareness from the inside out



retreats • raw food • massage • meditation • yoga

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!**

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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.



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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.**

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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

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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 ½ or 2 hr massage to soothe & allow your flow to surface
plus ½ hr on table afterwards to relax & integrate



for further details, calendar, rates and **to book**

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Dunsborough | Western Australia

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