

# Living Synergy

## Immersion Lifestyle Retreats

consider this ...

your home away from home



retreats • raw food • massage • meditation • yoga



# Living Synergy

## RETREATS



### MEDIA RELEASE

***Are you looking for a beautiful place to relax and rejuvenate?***

***Would you like to cleanse your body and build healthier foundations for your daily life?***

***Do you want a personalised retreat experience exclusively tailored to your needs?***

Living Synergy retreats are all about you. They are small and intimate immersion lifestyle retreats where founder Jen Keenan walks alongside you to allow your natural synergy to surface and flow.

Living Synergy retreats help you discover how living plant-based foods, massage, meditation, yoga and the force of life itself work together to renew and enhance your quality of life.

Retreats include:

- an introduction to a healthy lifestyle and the fundamentals of detoxification
- hands-on demonstrations of how to make green juice, green smoothies, nut milks and fruit smoothie – the foundations of a plant-based diet
- meditation and an introduction to yoga, with in-house yoga classes and massages optional extras
- the chance to prepare and enjoy simple raw meals with your host, the founder of Living Synergy, Jen Keenan
- plenty of time to relax and listen to your body, either looking at the spectacular views across Geographe Bay from the Retreat Centre, or enjoying the many pristine beaches and glorious bushwalks nearby
- guidance and support to expand your awareness from the inside out

It's all up to you. Every retreat is tailored by Jen to you and your body's needs. It is 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.

Perhaps you would like to do a few days or a week of juicing and/or smoothies? Or maybe you'd like a mix of that and some simple raw meals? Gourmet raw and cooked vegetarian options are always available from the local organic café. Or maybe you'd prefer to focus on meditation, yoga, massages and of course spending time at the beach?

Whatever your preferences, 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.

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

We invite you to think of Living Synergy as your home away from home.

Plant some seeds for your future.



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**ABOUT JEN** – for full details visit <http://www.livingsynergy.com.au/about/>

After getting her pilot's license and flying around Australia at the age of 19, she became unwell and was diagnosed with Chronic Fatigue Syndrome. Life took another turn and her keen interest in the nature of life and health really began. Jen's path of learning has been forged by experience rather than formal education. She works intuitively to guide and support her guests. The true benefits of her work come more from a process of unlearning, deconditioning and letting go. This allows people to open into their authentic selves.

**RETREAT DETAILS** – for full details visit <http://www.livingsynergy.com.au/retreats/>

The Retreat Centre 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. On-site organic vege garden and rain water tank.

Living Synergy retreats are a rare opportunity to spend some time in a very relaxed and easy going environment and meet like-minded people. Come on your own or make up a small group with your family and friends.

**RETREAT OPTIONS** - available dates <http://www.livingsynergy.com.au/services/calendar>

### **Dip Your Toe In introductory retreat weekends**

Friday 4pm – Sunday 5pm

From \$725 - \$895

Held once or twice per month. See the online calendar link above for available dates.

### **Personal Total Immersion ongoing lifestyle retreats**

Choose your dates from those available on the online calendar link above

\$330 per night (plus cleaning & linen)

min stay 3 nights

For info on how to get to Dunsborough <http://www.livingsynergy.com.au/contact/where>

### **Contact details:**

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For media information, interviews and high-res images, contact Jenny Keenan or visit the Living Synergy media page at <http://www.livingsynergy.com.au/contact/media>

Living Synergy also manufactures Nut Milk Bags which are available at selected organic and health food stores around Australia. For more info including video demos visit

<http://www.nutmilkbags.com.au>

For further info, inspiration, a resoures hub, Jenny's online shop and to receive her complimentary monthly Find Your Flow Ezine, visit <http://www.livingsynergy.com.au>