



DETOX  
-WITH-  
SOUL  

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CENTRAL COAST



## DETOX WITH SOUL RETREAT

20th November- 24th November - 4 nights

A soulful, life enhancing intimate experience, that brings women together for 4 nights of detoxification of the body and mind. This effective program includes professional guidance, organic juices, herbal remedies, supplementation, wellness and personal development workshops, yoga classes, hot/cold therapy, nature hikes and deep rest! This retreat has been specifically designed to support you through the whole experience and give you the tools to take home and kick start or improve your health journey.

This Detox Retreat provides the ultimate wellness escape and healing experience. Liberate yourself from the stresses and effects of modern-day living and discover new reserves of energy, a deeper sense of self and reconnect with your healthiest happiest version of you!

RETREAT INTO A PEACEFUL SANCTUARY  
IN HOLGATE ON THE BEAUTIFUL CENTRAL  
COAST OF NSW, 1 HOUR NORTH OF SYDNEY.

Be guided and inspired by 2 wellness professionals that share over 35 years' experience in the wellness industry between them. Lisa Turnbull is a Naturopath and Psychotherapist with a passion for women's well-being. Cassandra Parrish is a Nutritionist and Transpersonal Coach with a special interest in weight loss and detoxification.

This is a life enhancing intimate immersion that brings women together to experience a professionally supported detoxification program. This program is an intensive experience of resetting your physical health. During this program we also address the emotional and psychological components of your wellbeing and what you may need to let go of and detoxify on those levels too!

This detox is a no-chewing juice fasting program. It is designed to cleanse you of the toxins that your body has accumulated, and let you experience the ultimate inner cleansing effect.

Our body and mind require a reset every now and then. Toxins accumulated through the years effect regular functions in our body. This detox can help you to reset and heal some of the more prominent issues from modern life.

This retreat creates the opportunity for you to take time out and un-plug from your busy, overcommitted, responsible life and take time for yourself to detoxify, restore, revive and heal! It is a holistic and comprehensive retreat with an amazing program, both equally challenging and rewarding.





## Detox with Soul Retreat includes:

- 4 nights' accommodation in a shared room in a beautiful home setting
- 1 x personalised naturopathic/nutritional consultation
- 1 x coaching/counselling session
- Daily juices and evening broths
- All supplementation for the detox experience
- Herbal formulas for detox
- Opening connection circle
- Daily educational and inspirational workshops
- Daily yoga classes
- Hot and cold therapy sessions
- Meditation sessions
- Forest/nature connection
- Time to sleep, swim, read and relax
- Use of the infrared sauna and pool
- Massages and treatments (additional cost)





This Detox Program is based on the latest research in natural medicine combined with the facilitator's 35 years of experience within the Wellness Industry. It also employs healing principles adopted by other cultures around the world. It is a juice-fasting program designed to provide a rest for the body's critical systems.

**This detox retreat may help you if you experience any of the following:**

- Struggle with stubborn weight
- Hormonal imbalances
- Peri menopausal symptoms
- Inflammatory conditions
- Fatigue/ exhaustion
- Adrenal burn out
- Migraines/frequent headaches
- Insomnia Sleep issues
- Sluggishness
- Pain
- Skin issues
- Digestive imbalances

**The main benefits of this retreat are:**

- Kick starts weight loss
- Rejuvenates the body
- Boosts the immune system
- Decreases inflammation
- Helps heal digestive issues such as bloating, gas, pain, constipation
- Improves mental clarity
- Cleanses the liver, kidneys & lymphatic system
- Improves nutrient absorption
- Improves skin glow
- Supports your gut flora
- Improves quality/quantity of sleep
- Educates and empowers you around your health and body





20TH NOVEMBER 2019  
4 NIGHTS AT CENTRAL  
COAST NSW  
TWIN SHARED ROOM  
\$235OPP

### Registration

This retreat caters for a maximum of 8 participants. To hold your place a \$1000 non-refundable deposit is required at time of registration. The remaining balance can be placed on a payment plan or paid in full 6 weeks prior to the retreat.

The preferred payment method is by direct debit to avoid banking fees. There is a 1.9% fee for credit card payments.

**We expect this retreat to be fully booked and advise you hold your place as soon as possible.**

### Please Note

- ⦿ This is a challenging experience (although extremely rewarding) you will have experiences/symptoms of detoxification as part of the program.
- ⦿ Although the retreat goes for 5 days It is important that you participate in both the pre and post detox protocols as advised. These will be sent to you on booking. The pre-detox protocol is designed to start at least 5 days prior to the retreat start date.
- ⦿ This retreat is set on a beautiful property in a secluded forest. We recommend you stay on the property for the duration of the retreat to gain the full retreat experience.
- ⦿ Although not compulsory we recommend you use this space to also experience a level of digital detox. Phone usage will be allocated to outside the house.
- ⦿ The retreat starts from 4pm Wednesday 20th November and concludes 12pm Sunday 24th November 2019.

## SUMMARY

This retreat is going to create a real opportunity for you to unplug, completely detoxify your mind and body and reconnect with yourself. There is no prerequisite to come other than an open heart and mind. If you feel inspired, excited or moved to join us for this experience then please contact us for more information.

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### Testimonials from previous Retreat participants:

“ I found this retreat life changing in so many ways. I left there feeling revitalised, rejuvenated and much clearer within. I was able to work through and transcend some important issues and beliefs that had been holding me back from my true potential. The amazing support and connection I felt was so helpful in progressing forward on my path. I am so grateful and honoured to have been able to experience this beautiful environment and valuable experience. The surroundings and nature was amazing. The daily workshops and meditations were also extremely informative and helpful.

*A Hughes*

“ This retreat surpassed expectation. A truly magical, joyous, soulful experience combining the peace and tranquillity of the magical location. A chance to truly be free, relax and rejoice.

*R Todd*

“ It was such a beautiful and nurturing experience. I couldn't have asked for more in the past 5 days. It had everything my soul needed to rest and rejuvenate. It was such a safe and supportive environment held by Lisa. So much love and thanks.

*S Carr*

“ A rewarding experience with Lisa. A variety of activities, plus heaps of free time. Would recommend to any lady who needs time to just be.

*S Owens*