

# RETREAT. REFRESH. REVIVE.



If you were to look up the word 'health' in the Collins Australian Dictionary you would find *physical and mental wellbeing, condition of body and mind*. If you were to look up the word 'retreat' you will find *a safe, quiet or secluded place*. So if you were to put these two words together as Health Retreat you would get something like *a quiet secluded place to renew both physical and mental wellbeing, bringing about clarity to the mind and energy into the body*.


by : Cherida Forde

**WE** have all heard many times before of the importance of our own health and wellbeing and the benefits to take time out of our busy lives by going to a place such as a Health Retreat. But how many of you can honestly say you have done this? Yes we know it sounds great in theory and something definitely worth looking into, but wouldn't a holiday on the beach drinking cocktails and overindulging in restaurant dinners do just the same thing?! The answer is NO!

For those of you who haven't yet had the experience of a week away at a health retreat you have no idea what you are missing. For those of you that have, you know exactly what I am talking about. After staying at a Health Retreat you will return home feeling the most relaxed, energised, fit, healthy and focused that you have felt in years.



image : Alex Nikada



Health Retreats encompass exercise sessions with trained professionals, a specially designed low fat menu, holistic therapies, spa treatments and sessions with a physical trainer, educators and nutrition advisors.

In other words, a regime of exercise, detox, education, wellbeing, nutrition and relaxation.

With proper awareness of all of these things we are helping to increase the quality of our lives and taking time out for no one else but the most important person - YOURSELF.

We know, as individuals, that we are responsible for our own lives and the quality of them - no one else but us, so therefore it is up to us to do something about it. Again the areas of exercise, detox, relaxation and nutrition are so significant in everyone's life and it is essential to take the time out to focus on all of these areas. The purpose of health retreats is to offer all of these things in a quiet, secluded, nurturing atmosphere.

The value of **exercise** is well recognised and, believe it or not, our bodies are actually designed to move! It is proven that sensible exercise strengthens your immune system, helps in lowering the risk of depression, stress, headaches, various cancers and cardiovascular disease. Making time for regular exercise not only assists with weight management and helps lose body fat but is conducive to many other health benefits.


**Detox** can be a word that sends people running in the opposite direction, but it's not all lettuce leaves and carrot juice! Every day, our bodies are exposed to toxins through pollution, cigarette smoke, chemical additives in food (or in the growing of food), medications, alcohol, caffeine and other drugs. Wellbeing and good health depend on your body's detox systems working properly.

Everyone's life is unique and different, so too is the way people deal with coping with these, at times, stressful lives. It all comes back to balance and being able to clear the mind and renew energy into the body.

**Relaxation** can be found in many different ways; through meditation, exercise, yoga, massage or even cooking. The key is to find an active technique that works for you and to allow time for yourself to do this. Relaxation in our general health should not be underestimated.

For many of us food is one of life's greatest sources of pleasure, maybe for some it's a little too much pleasure and for others not enough! Eating the right foods and preparing them in the healthiest way possible is vital to our wellbeing. It all comes back to moderation and variety, being aware of **nutrition**, and about eating fresh foods, colourful fruit and veggies, a variety of legumes and whole grains, nuts and seeds, fish and lean meats to ensure you provide your body with all the essential nutrients it needs.

Exercise, detox, relaxation and nutrition is what Health Retreats specialise in, they know how important it is for us as individuals to take time out for ourselves, and allow us an opportunity to find that time. Health Retreats are there for you to take the burden off your body by removing as many toxins as possible and providing your body with all the nutrients it needs. A place to balance, rejuvenate and invigorate the body and the mind.

Remember, your 'body is a temple', it's up to you to keep it that way. 



The Timing is **Perfect**  
The Possibilities are **Limitless**  
The Journey Starts **Now!**

Twenty women from around the world  
Two extraordinary facilitators and team  
One magic location...

all come together to create the perfect opportunity for self reflection, self direction and life and business opportunity.

More than ever before in life and business, the connections we have, the relationships we build, the contribution we make and the skills, wisdom & experience we gain collectively determine our success. Join Julie Warburton, Leisel Speranza and the Bali Retreat Team for a once in a lifetime opportunity to:

- ▶ Indulge in the time & space to relax & revitalise
- ▶ Set new life and business goals and tap into 'how' to generate them
- ▶ Create possibilities in an environment where anything is possible
- ▶ Massively grow your wealth potential
- ▶ Set your plan to make it happen
- ▶ Inspire and be inspired
- ▶ Enjoy the luxury of one of nature's most beautiful and inspiring locations

**BALI RETREAT 2009**  
16th - 19th OCTOBER



Leisel Speranza



Julie Warburton

**FOR MORE INFORMATION**  
or to register your interest phone Julie on **0412 754 179** or email [julie@juliewarburton.com.au](mailto:julie@juliewarburton.com.au)  
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