

2019 RETREATS IN PARADISE

BROUGHT TO YOU BY

The Retreat Specialists™ & 180° Wellness



THE LIVE LIFE: LOVE LIFE: LONG LIFE RETREAT

With Catherine Bullard

7th to 14th September 2019

Absolute Twin Sands Resort & Spa, Phuket, Thailand

CATHERINE BULLARD – INTERNATIONAL WELLNESS FACILITATOR WILL TAKE YOU ON A JOURNEY ON HOW TO NAVIGATE THE CONCEPT OF WELLNESS AS YOU GET OLDER.

Have you always thought of wellness as just about diet and exercise? If you think that you are mostly right BUT to maintain vitality it's essential to integrate wellness practices in all areas of life. Viewing health through the Self-Care lens creates a balanced routine that addresses all levels - body, emotions, mind and spirit.

The huge myth that surrounds Self-Care is that it's a luxury, done occasionally as a reward. This promotes Self-Care as an indulgence rather than an integral part of any daily wellness routine. Limiting Self-Care like this misses its fundamental benefit. By grounding and energising it brings all wellness practices into coherence.

What Can I Expect?

Have you ever looked in the mirror or caught a glimpse of yourself in a shop window and wondered when on earth did you get to be fiftyish and where did the time go?

As you move into this age-group don't be entering behind the eight-ball, be determined to stay younger and live longer than others around you!

Be clear about how to achieve this and create a holistic wellness approach in just 7 days you can close this gap.

Continuing through midlife and into the senior years requires wellness in multiple areas of one's life. Catherine will support you to identify and create unique Self-Care practices across all areas of your life, to maintain wellness as you age and feel happier and content in who you are and what your lifestyle looks and feel like.

Catherine focuses on creating balance on all four levels essential for wellbeing – physical, emotional, mental and spiritual. In bringing these areas into balance we work towards building holistic Wellness through Wholeness.

As people age the unbalanced areas of their life shift, as do their challenges. Within this program we address some age-related health and lifestyle challenges they may now be experiencing. By bringing in a new focus within the wider sphere of Self-Care, and defining which everyday tasks and practices to integrate, we assist them to create a healthier lifestyle that supports ageing.



The Retreat Specialists™

Absolute RESORTS & HOTELS



180° | Wellness
FIRST STEPS TO MIND & BODY VITALITY

Participants leave with a new understanding of the broader approach across their life, and how they can apply it to their own situation. They will feel renewed, relaxed, rejuvenated and informed. Which of course is emphasized by the two hour daily spa treatments and amazing food.

Supported by a comprehensive workbook and easy techniques they can introduce into their life to help with day to day difficulties, they are less likely to return to poor habits and mindsets, and more likely to take proactive steps to improve their wellness on all levels.



The Live Life: Love Life: Long Life Retreat addresses:

- The broader definition of Self-Care and its need to form a fundamental part of any Wellness Plan
- Practical ways to refine food and exercise practices in alignment with the needs of mid-to-later life health
- Practical breath work for better health
- The impact and importance of sleep in determining health status
- The role of stress and practical solutions to reduce its impact
- How changing negative beliefs can change health status
- Recent research into the positive impact of meditation/ mindfulness on health
- How activating the creative mind and body improves wellness outcomes
- Practical everyday techniques to improve the participant's health moving forward

Catherine will support and guide participants to create a unique toolkit of practices and rituals to take back into their lives using the Live Life: Love Life: Long Life Blueprint Workbook.

With almost twenty years as a Natural Health Practitioner and Life Wellness Coach Catherine is familiar with creating wellness plans that address all aspects of the individuals lifestyle. I have trained in many areas of natural health and energetic medicine and integrate simple practices wherever possible within these plans.

With its emphasis on Self-Care and nurturing the Bliss Spa Program supports Live Life: Love Life: Long Life participants to release everyday responsibilities and overwhelm. By providing the Pause from everyday life it provides greater focus and clarity to create a Wellness Blueprint to support their ongoing wellness as they age.

Our time together will truly focus on aspects of each level (body, mind, emotions and spirit) and you will go home with not only a plan specific for you, you will have met new, like minded people, eaten amazing food and had phenomenal daily spa treatments.

Who Is Catherine?

Catherine is a Natural Health Practitioner, Women's Mystical Awareness Coach, She uses a multi faceted approach and guides women through midlife transitions to access higher wisdom, clarity and courage to create a life of soul-empowered wellness. Her approach stimulates self-healing on all levels to powerfully catalyse a shift to better health, deeper relationships, greater prosperity, career advancement and refined spiritual engagement.

She utilises:

- Homeopathy
- Homeo botanicals
- Flower and Herbal Essences

- Mystical Coaching
- Nutritional and healthy lifestyle advice
- Balancing techniques for the body's energy pathways and centers

Her clients get results that allow them to live more fully and authentically.

These include:

- increased vibrant energy
- reduced pain
- less anxiety
- better sleep
- greater focus
- more confidence
- increased clarity
- heightened awareness

Her own journey through serious chronic illness gave her a deep understanding of the enormous healing power of energetic traditional medicine combined with reprogramming of negative beliefs and inspired action.

She combines the practical and metaphysical for my clients to help them achieve transformation

Catherine runs Nadurra Wellness Pty Ltd and holds a Practitioner Diploma in Homeopathy, B.Ed, Cert IV Life Coaching, Reiki Level II and Red Tent Facilitator.

Itinerary

DAY	TIME	OUR DAYS
1 Saturday		Arrival and check in / transfer from the airport Catherine will be there to greet you during the check in process
2 Sunday	9.00am 1.00pm 7.00pm	Breakfast Join Catherine for a Welcome to the retreat and learn about the week ahead and also meet the Spa Manager to learn about the Bliss Spa Package. During this time together we will cover: The concept of Conscious Everyday Self-Care Live Life: Love Life: Long Life Workbook introduction and explanation Wellness in mid-through-later life Wellness challenges that arise at this age Dinner – Thai Banquet – a fitting start to the Retreat
3 Monday The Body	7.00am 10.00am 12.30pm 3.00 - 5.00pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Today we cover: Aspects of 'body health' Breath – How Effectively Do You breath? Food As Medicine Alternative Movement For Ageing Bodies The Power Of Grounding Lunch 2 hour spa treatments Dinner
4 Tuesday Emotions	7.00am 10.00am 12.30am 3.00 - 5.00 pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Today is all about Sleep The Fundamental Health Decider Creating Better Sleep Sleep For Self-Care Lunch 2 hour spa treatments Dinner
5 Wednesday Joy	7.00am 10.00am 12.30pm 3.00 - 7.00pm	Yoga - Thai Tea Ceremony -Breakfast 2 hour spa treatments Lunch Thai Cooking Class
6 Thursday Mind	7.00am 10.00am 12.30am 3.00 - 5.00pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Today is all about Stress – Inflammation And Cellular Stress Identifying Negative Thought Patterns Practices To Keep The Mind Alert And Agile Lunch 2 hour spa treatments Dinner
7 Friday Spirit	7.00am 10.00am 12.30am 3.00 - 5.00pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast The Role Of Creativity In Wellness Identifying Soul Nourishing Practices Stillness – The Power Of Mindfulness/ Meditation Guided meditation Lunch 2 hour spa treatments Celebration Dinner & Closing Ceremony Where to next?
8 Saturday	9.30am	Breakfast and Departures

Package Prices & Inclusions

The package price is outlined as follows

	Thai Baht	AUD	USD	Euro
Participant Single Room – Studio	฿98,800	\$4340	\$3197	€2750
Participant Shared 1 bedroom	฿90,897	\$3999	\$2897	€2597

Includes:

- All accommodation at Absolute Twin Sands Resort and Spa
- Transfers to and from Phuket Airport
- Free transport to Patong Beach
- 7 Breakfasts, 5 Midday Meals, 1 Thai Banquet and 5 Evening Meals
- A Retreats for Resorts Welcome Gift
- All workshops with Catherine throughout the retreat
- Thai Cooking Class
- Participation in the 180 Wellness Bliss Spa Package that includes - - all of these are listed below and optional but included in your package – valued at \$3393 AUD
- Five x 2 hour spa treatment at 180 Wellness,
- Daily detox (gentle) yoga
- Thai Tea ceremonies
- Daily energising juices and wheat grass shots along with Thai basil seed drinks
- Full use of infra-red sauna and gym
- A 1:1 consult with the Spa Manager to consult about Body Metrics
- All workshops and yoga classes
- Pre and post retreat contact
- A 180 Wellness Spa Welcome Pack
- Free shuttle bus to and from Patong Beach

Excludes:

- Flights and any additional accommodation outside of the retreat dates
- Travel Insurance
- Tips to staff

About The Retreat Specialists™

The Retreat Specialists™ are formed of 26 years of experience in the retreat industry and brings together a range of Resorts with a wide roster of Retreat Facilitators curated by the Retreat Specialist Liesel Albrecht.

All Retreat Facilitators are experts in their field and bring together a unique program of expertly crafted retreats in a wonderful range of worldwide resort settings, providing those on holiday with a wide choice of wellbeing experiences, tailored to their needs.

The Retreat Specialists™ work in close collaboration with the resorts so that, together, we can provide guests with an unforgettable experience.



About Absolute Twin Sands Resort & Spa, Phuket, Thailand

Absolute Twin Sands Resort & Spa is a stunning resort with panoramic ocean views, contemporary apartments, outstanding dining and wellbeing opportunities and five-star service, all in a spectacular peninsula setting minutes from Patong on the stunning island of Phuket. Nestled between two perfect white sand beaches, every one of the 185 apartments and penthouses, available as studio, one and two bedroom, combine the best of contemporary design, architecture and furnishings to create a comfortably chic holiday retreat for couples and families alike.



About 180° Wellness

180° Wellness welcomes guests from all over the world who benefit from our nurturing, fun, educational and effective 180° Wellness programs. On a program with us, you will reap the benefits of a range of health, wellbeing and detox programs, the delicious nutritionally balanced cuisine consciously prepared by our in-house Nutritionist, our relaxing spa services, our carefully curated Yoga and Meditation programs, inspiring conversations and discussions on the principles of wellbeing, all in the comfort of our home, the stunning Absolute Twin Sands Resort & Spa, positioned between two fabulous secret beaches on the west coast of Phuket island.



Frequently Asked Questions

We are often asked a few standard things when people come to Thailand.

1. Will there only be Thai food to eat?

No, each program has a consciously curated menu under expert Nutritionist supervision. We offer a great fusion of foods at the resort restaurant and can cater for any dietary or allergy requirements.

2. How will I get from the airport to Absolute Twin Sands Resort & Spa?

When you book the resort will request your arrival and departure times and they will organise transfers. You will be informed of how to find your driver when you come out of the airport closer to the booking.

3. I won't know anyone so I am a bit nervous

The beauty of these retreats are that you don't have to share a room and the group will bond really quickly - we guarantee it - you will have 9 or more new friends within the first hour!

4. The program looks pretty full will there be any free time?

We will make sure of it. There are shuttle buses to Patong Beach that leave regularly and there will be plenty of time to lie by the pool. There will be lots of time for napping, chatting and shopping!

5. Can I stay longer?

Yes of course when you are booking let the resort know and they will book you accordingly and if you want to travel anywhere else in Thailand The Retreat Specialists™ can help with this.