



**HIGH HOPES**  
Align with Stillness & Vitality

## **IPR BASIC HEALTH BALANCING INDIVIDUAL PERSONALISED RETREATS**

The Basic Health Balancing Retreat - R3390.50 per day incl. VAT and including accommodation and therapies listed below:

This is a wonderful retreat experience for those seeking an R&R (rest and relaxation) holiday which has the edge of health benefits and is in a beautiful nature setting. By taking you directly into some right-brain experiences, the analytic problem-solving brain is soothed and given a holiday as well, and in this state our being absorbs the nurturing on offer. You go home feeling the frown-lines changed into smiles. If you are unsure which retreat to book or have never retreated before, this is a great place to start, as you can add additional therapies to this basic well-being programme on a pay as you go basis.

The basic Health Balancing Retreat includes the following:

- Accommodation in a very comfortable, private, garden-entrance, en-suite room
- Three delicious plant-based meals per day including green juice at breakfast
- An intake assessment session with kinesiologist and counselling psychologist Ange Craig.
- A nutritional assessment
- Daily massage, emotional freedom technique or reiki (alternating treatments)
- An aroma-steam
- Guided mountain walks
- A mandala session
- A way forward consultation on departure day

Kindly note:

Natural remedies to clear subclinical health syndromes are to each individual's private account.