

# The ART of Health Restoration Presents:

## Conscious Creation Retreats Fiji

### A LIFE TIME EXPERIENCE!!

JOIN OUR CONSCIUOS CREATION COACHES IN Savusavu, FIJI FOR ONE-on-ONE TRAINING TO COMPLETELY SCULPT YOUR BODY, MIND, HEART & SOUL, INTO THE CREATION YOU DESIRE

What a treat and life enhancing experience you are in for!

**BULA!** (means: hello, welcome, enjoy)

We are delighted you have decided to come join us in our wellness home of Savusavu. You will learn each and every NOW how to create and live a healthy and vibrant lifestyle. You will learn to incorporate the True ART of Sculpting your Body, Mind, Heart and Soul. You will leave here with a better and deeper Innerstanding of how to truly raise your Unconditional Love vibrations for a healthier and happier YOU thus creating a healthier planet for the betterment of Humanity. You will get to enjoy one-on-one training on how to cook, un-cook, shop for the best foods, learn how to grow your own foods. You will also enjoy nature walks to get grounded on a daily basis as well as activities in which are listed below. We help you to innerstand how to embrace mediation and prayer as well as how to manifest your desires and consciously create YOUR reality.

Did we mention these experiences are ALL INCLUSIVE?!!! Yes, that's right! All meals as well as eating at our trusted and favorite organic restaurants are included. All bus and taxi fares are included. You will get a couple of souvenirs, including snorkel gear, sulus and surprise gifts.

Your ten day schedule will be set. Everyone experiences the same activities and coaching each now. This is a group of togetherness to get to know one another in a deeper level. You will get to enjoy some 'alone' time for you to meditate or just enjoy the 'good-ass prana'!

To experience these 10 day retreats in Fiji with all that we are offering with intimate one-on-one training, by our prestigious Conscious Creation Coaches, would cost you well over \$12 ,000.00 American dollars). You are not only getting your room and board, but every single meal, outing, one-on-one training, hypnotherapy, massages, reflexology, mineral baths, snorkeling, hiking and more!

What is YOUR health and life worth to you? What will you choose to do? Are you ready for the life changing experience and restoration of your life?

What Time Is It? The Time is NOW! Invest in YOU!

Experience Fiji To Consciously Create

YOUR Best Life NOW!

Much Love and Happiness from Us to YOU! Vinaka

VakaLevu ! (means, Thank You Very Much)

## EXPERIENCE INVESTMENT

### Introductory Offer:

10 Day Retreat: Regular **\$6633.00 U.S. dollars per person**

**Accommodations: ISLAND BREEZE; Savusavu, Fiji**

**Book NOW, before July 10, 2020**, for this special price of: **\$6,333.00** (for beach front house) **\$6,000.00** (middle house for beach view shared sleeping quarters) **For the 5 sleeping quarters in the back of Island Breeze, the rate is \$5,633.00 per person.** All details of shared Fiji style accommodations are listed on website. Couples rooms are available with King beds.

### Experiences Include:

- 1 year success strategy -Be guided through planning to remove blocks that hinder creating your ideal reality.
- Create your vision board and goal boards –
- Mind & Heart sculpting to help you obtain your best creation of YOU, ever!
- Master the Art of Telepathy
- Be a Manifesting generator
- Daily protocols to help you transition from the toxic world to clean eating habits and why this is important.
- Nutritional coaching
- Daily Yoga for beginners and advanced
- Hard copy of Isabella Lynnette's book, Fuel for the Body • Hard copy of The Art of Health Restoration by Jonathan Ryan & Isabella Lynnette
- PDF Toxic-Free cook book offered by Fitness expert, Catherine Mary of Synergy Fitness
- The Booty Shaper Book PDF by Michelle Hill
- Over \$75 value of products to jumpstart your health
- ALL meals and snacks are included, (except alcohol beverages)
- 2 full body massages,
- 2 reiki sessions,
- 2 Reflexology sessions
- 1 or more Mud Bath treatments,
- 1 or more sessions of Mineral Baths from the Hot Springs of Savusavu,
- several outings of snorkeling, waterfalls, nature hikes and a meka with a lovo in our adopted Vivili and Nagigi Villages.
- Much MORE!

- A true experience to explore the avenues to restore your body, mind, heart and soul.
- Did we mention, that your charter airfare from Nadi to Savusavu will be PAID?! (yes, you must book a completely different flight from Nadi to Savusavu, this flight is around 220. US Dollars).

**\*Deposit of \$3,333.00 due upon registration.** Balance should be paid in full two weeks prior to departure. We will send you an easy pay link.

\*Please complete the 'highway to health' form on the website to better assist us for your desired vision.

\*email inquiries for any questions: [mybestlifefiji@gmail.com](mailto:mybestlifefiji@gmail.com)

\*Contact Pat Brown for any assistance: 954-696-3988 or your Conscious Creation Coach with whom you book through.

**\*\*Please take note:** these are TEN FULL days of retreats. This means that you should arrive the DAY BEFORE the start date and leave AFTER the 10<sup>th</sup> day. The dates of the retreat are set for FIJI Time for easier calculating for our Fiji bookings. September 1 – 10 (Fiji time) You will arrive on the evening of our Fiji, August 31 & depart the morning of our Fiji September 11. (Same as for the Nov. dates) We will help you book your plane tickets accordingly. Also, note that Fiji is anywhere from 15 hours to 18 hours ahead of USA time, depending on the time zone you are located in. Therefore, you will need to take note of the 12 hour flight from LAX /SAN FRAN to Fiji. This is an entire day or night of travel. Your accommodations WILL indeed be covered for the night/day before & after. We will book your tickets from Nadi to Savusavu, as that is included in your package investment.

You should bring only one carry on due to the charter plane from Nadi to Savusavu. The items to pack and bring are very light. As you will not need a beach towel or long pants or coats. The attire is very casual and simple for Fiji. However, you may choose to bring a checked bag for any other goodies you may want to get while here. We do have large suitcases available at the local shops in the event you need extra luggage to carry items home. You will want to leave room in your cases to bring back all goodies you will get during your

Restoration Experience. You will also want to take your own artifacts from Fiji.

### ✓ ITEMS YOU SHOULD PACK:

- A. Good coral friendly flip flops
- B. Good walking /hiking shoes. We prefer flip flops (take note, we do a lot of walking. We find it too hot to wear hiking boots. We go barefooted as well.)
- C. Back Pack for our outings
- D. Water bottle
- E. Toiletries : Lip balm, tooth brush & paste, deodorant, shampoos (You will be provided with soaps & coconut oils)
- F. PLEASE, if you choose to bring sun screen, we ask that you make sure it is ECO Friendly to protect the coral reefs & oceans as well as YOUR health. We do have eco sunscreen available for you.
- G. Swim suits (you may want more than one)
- H. Shorts and shirts or sun dresses
- I. One shirt that covers the shoulders (this is for our Village visits, it is customary to be modest when entering the villages of Fiji)
- J. A hat & sun-glasses if you desire

### \*Possible Risk

- There are very low risk in Fiji. We have NO poisonous spiders or any poisonous insects or critters. We have zero snakes on our islands (except for one island out of all the 330 plus islands in Fiji) There are no outbreaks of diseases here or bad viruses. No vaccinations are required to enter or leave the country.
- **The few things to watch out for on land are:**
  - Falling coconuts
  - Broken glass washed up on the shores
  - Mosquitos
  - Wasp
  - Dangué Fever: This is a rare fever, HOWEVER, if you are highly allergic to mosquitos or any other insects, then you will want to take extra precautions to protect yourself from being bitten. We

do offer mosquito nets, mosquito spray as well as a remedy in the event you get this fever.

- **Things to watch out for in the sea are:**

- **Corals:** Some corals are poison. Should only observe the wonders of Mother Gaia's Aquarium and never touch as they can be toxic to the body.
- **Sharks:** There have been very few reports of shark bites or attacks in Fiji, especially where we live. The sharks here are actually used to human encounters. We have reef sharks as well as white tip sharks in which both are the non-aggressive breed. Just be aware that sharks do inhabit the seas and they were here before us. Admire and respect the marine life.
- **Sea Cactus:** These creatures look like thorned starfish, their spikes are very toxic. Again, observe the wonders of the underworld without touching.

We do have remedies for any mishaps that may happen. Be rest assured that we will have your safety in mind at all times. Again, these restoration / conscious creation retreats are not for the timid or the weak. Our retreats are full on with Mother Gaia and her amazing nature.

\*THE TIME IS NOW! \* LIVE HAPPY. BE PURE!

\* CONSCIOUSLY CREATING

We Appreciate YOU because...

YOU Are Amazing YOU Are Awesome

YOU Are BeaYOUtiful YOU Are Loved!

*We look forward to meeting you in September or November of 2020*

In Creation,

Your Conscious Creation Coaches and Coordinators

Coty, Catherine Mary, Aaron, Veronica, Tom, Jorge, & Isabella Lynnette