



A Return to Centre

RETREAT INCLUSIONS

Meals and beverages as outlined in the Retreat Schedule

- Fresh, market to table, vegetarian menu, customised for personal dietary requirements
- Seasonal fruits
- Healthy sweets and treats
- Fresh, flavorsome and cell rejuvenating beverages

Guided Daily Practices & Materials

- A 30+ Page customised Pythagoras Numerology Report
- Clear, guided, daily schedules to maximize your experience and transformation
- Guided body movement, meditation, and breathwork to help develop health daily habits
- "The Consciousness Code" material and writing implements
- The passing on of my ways of being and living through the practical, powerful and precise rituals, disciplines, and body-mind-soul integration, that will set you up for ongoing success post your retreat
- Free time to take walks, journal, recalibrate, integrate, and just be
- Quality accommodation

What's NOT Included

- Flights
- Transport to and from Retreat location
- Celebration dinner on the last night

■ END