

Wellness Health Retreats

Brought to you by Hippocrates

Program Agenda

Sunday 10 March to Saturday 16 March

Sunday 17 March to Saturday 23 March

Sunday 24 March to Saturday 30 March

Welcome to the retreat! Congratulations on committing to healthful detox, releasing pain and shedding about 3 kilos during a week. Prepare to embark on a journey towards your best, healthy, and happiest self.

Meet the Hippocrates Team

Ronald – Founder

Kate – General Manager

Teresa – Neuro Feedback

Zoran – Handyman

Kaedy – Gardener

Chris – Groundsman

Cindy – Naturopath

Naomi – Lymphatic Drainage

John – Botanist, Earth Man

Sunday

- 3.00 pm New Guests Arrive
- 5.30 pm Raw Vegan Dinner with Kate T and Ron B
- 7.00 pm Rest, Steam
- 8.00 pm Retire and Read HHC Resources

Tuesday

- 7.00 am Nature Walk with John
- 7.30 am Wheatgrass Planting with Chris in the Garden
- 8.00 am Hatha Yoga with Ange
- 9.15 am Nourishment Juice
- 10.00 am The Healing Power of Essential Oils with Ange
- 12.30 pm Nourishment Juice
- 2.00 pm-3.30 pm Skin Brushing, Sun Clay Bath with Aloe Juice
- 3.30 pm-5.00 pm Rest, Spa Treatments, Steam, Swim, Tennis or Badminton
- 5.00 pm Nourishment Juice
- 6.30 pm-8.00 pm Rest, Treatments, Steam, Swim, Tennis or Badminton
- 8.00 pm Retire and Read HHC Resources

Monday

- 7.15 am Wheatgrass Juicing Demo with Chris
- 8.30 am Weigh-In and Nourishment Juice
- 9.00 am Welcome and Orientation with Kate T
- 10.30 am
- 11.00 am Colon Hydrotherapy – A Conversation with Cindy
- 12.00 pm Nourishment Juice
- 12.00 pm Detoxing and Disease, How it Works – A Conversation with Kaedy
- 1.00 pm
- 2.00 pm Neurofeedback for Efficient Brain Function - A Conversation with Teresa
- 2.45 pm
- 3.00 pm Visit Mudbrick Herb Cottage
- 3.45 pm
- 4.00 pm Rest, Treatments, Steam, Swim, Tennis or Badminton
- 5.00 pm
- 5.00 pm Nourishment Juice
- 5.30 pm Meditation with Ronald
- 6.30 pm Yin Yoga with Lisa
- 8.00 pm Retire and Read HHC Resources

Wednesday

- 8.00 am Garden Tour with Kaedy
- 8.30 am Hatha Yoga with Lisa
- 9.30 am Nourishment Juice
- 9.30 am-11.30 am Rest, Spa Treatments, Steam, Swim, Tennis or Badminton
- 11.30 am-12.30 pm Wake Up to the Power of Your Vagus Nerve and Brain-Gut Connection with Sam
- 12.30 pm Nourishment Juice
- 1.00 pm-2.30 pm Optimise Hormone Health, Vitality, Longevity, Thriving Intimacy and Relationships – A Workshop with Kate A
- 3.00 pm-4.30 pm Raw Cracker Bread Demo - Hands-On Participation
- 5.30 pm Nourishment Juice
- 8.00 pm Retire and Read HHC Resources

Friday

- 7.30 am Treatments, Steam, Swim, Tennis or Badminton
- 9.00 am Fruit Breakfast
- 9.30 pm-11.00 pm Skin Brushing, Sun Clay Bath with Aloe Juice
- 11.00 am-1.00 pm Rest, Treatments, Steam, Swim, Tennis or Badminton
- 1.00 pm Salad Nourishment
- 2.00 pm-5.00 pm Rest, Treatments, Steam, Swim, Tennis or Badminton
- 5.00 pm Salad Nourishment
- 6.30 pm-7.30 pm Yoga Nidra with Lisa

Thursday

- 7.00 am Nature Walk with John
- 8.30 am Fruit Breakfast
- 9.30 pm-10.30 pm Skin Brushing, Sun Clay Bath with Aloe Juice
- 9.00 am-12.00 pm Rest, Spa Treatments, Steam, Swim, Tennis or Badminton
- 12.00 pm Salad Nourishment
- 1.00 pm-4.30 pm Rest, Spa Treatments, Steam, Swim, Tennis or Badminton
- 5.00 pm Salad Nourishment
- 6.30 pm Sound Healing (14th and 28th only) and Breathwork Healing with Cherie (21st only)
- 8.00 pm Retire and Read HHC Resources

Saturday

- 8.00 am Weigh In and Fruit Nourishment
- 8.30 am-10.30 am Exit Interviews with Kate T
- 11.00 am Departure: Retreat Program Completes

Weekly Hippocrates Health Retreat

Additional Retreat Services

Spa Treatments

Kate: 0417 702 130 | www.alayabody.com.au

- Alaya Signature Facial - a double cleanse, exfoliation, mask, face and scalp massage, hot towels, finished with serum, eye cream and moisturiser. (1 hour - \$145)
- Alaya Signature Facial with clay body mask (1 hour 30 mins - \$190)
- Clay detox body wrap and hot magnesium bath (1 hour 15 mins - \$145)
- Full body exfoliation, clay body wrap, scalp massage and magnesium bath (1 hour and 45 minutes - \$185)
- Remedial or Swiss massage (1 hour - \$100, 90 minutes - \$140)
- Group clay sun bath rituals (\$30 or 3 packs for \$75)

Colonic Hydrotherapy

Cindy: 0414 699 468 | www.cindyscolonics.com.au

- Colonic Hydrotherapy Includes belly massage with essential oils, probiotics, and herbal or wheatgrass implants. (1 hour - \$130)
- Coffee Colonic: robust cleanse to stimulate the liver and open the bile ducts to release toxins for elimination. (75 mins - \$150)
- Full Naturopathic Consult (60 mins - \$150)

NeuroOptimal

Teresa: 0438 153 714 | www.neurooptimal.com

Neurofeedback training dances micro-second by micro-second with your brain, offering the information it needs to re-organise itself. Many complaints drop away, you feel calmer, clearer, happier and able to function better in your life (\$79 – 33-minute session or three 33-minute sessions \$160)

Lymphatic Drainage

Naomi: 0488 399 898 | www.cindyscolonics.com.au

Helps to eliminate toxins, reduce fluid retention, and increase cell oxygenation. It relieves many discomforts from muscle tension in the neck, back, and abdomen. (\$1 hour - \$130)

Somatic Sexology – Intimacy and Relationship Coach

Kate A: 0420 400 179 | www.kate-alderman.com

- Optimise Hormone Health for Vitality and Longevity
- Thriving Intimacy and Relationships
- Relationship Conflict
- Lack of Sensation or Arousal
- Sexual Disempowerment
- Pain Upon Intercourse
- Erectile Difficulty

(1 hour - \$200, 1.5 hours - \$295 and 2 hours - \$390)

Fortnightly and Weekly Hippocrates Health Retreats

6 Julie Way, Mudgeeraba, QLD 4213 | www.Hippocrates.com.au/retreats | 07 5530 2860 | 0417 702 130