

Health & Wellness Programme and Retreat Days

Transforming your health and wellness - body, mind & spirit!

Bringing together years of clinical experience, professional training and personal development Karen knows how to best support you in getting real results and creating sustainable and healthy changes for the long haul in all spheres of your life. It is her passion and purpose to help you reach your goals and dreams!

Together we can assess the many areas of your life that impact on your health and happiness. This can range from diet and lifestyle factors impacting on your physical health to the role that stress, emotional issues, self-esteem and beliefs can play in limiting our quality of life. In reality, health is a dynamic interplay between all spheres of life and all parts of our being. For example, all the diets in the world cannot change underlying emotional eating patterns that are leading to weight issues.



These special programmes are offered as VIP intensive or retreat days or alternatively can be run as 6-12 week step by step programmes. Either way you will get all the tools you need to totally transform your health and life!

The programme will be personalised to suit your goals and unique history. It may include a combination of any of the following:

- **Nutrition** - personalised dietary advice & menu plans
- **Understanding your disease** – healing beyond the symptoms & the meaning of illness
- **Work-Life Balance** – stress management strategies, including meditation, breathing, yoga
- **Healing body treatments** – may include herbal compress, foot bath and massage
- **Mindset Tools** - advice and counselling around identified issues and goals, including kinesiology (Psych K) and quantum emotional healing modalities to breakthrough limiting beliefs and blocks.

Individualised resources will be offered to support your transformation – these may include personalised guided meditations, mindset exercises, articles/readings, daily practice routine etc. Healing body treatments or herbal and nutritional medicine may be also prescribed if required to complement other tools and support your physical health.

Having in place a wellness program with personalised professional support gives you the impetus, motivation and tools to make a difference to all areas of your life!

Programme Investment* and Key Features

All programmes are run at Karen's special hinterland healing studio which offers a unique, private and supportive healing environment.

Mini Programme - \$275

Perfect for a health or mindset reboot and/or help with a specific target issue. This 2 hour session can dive deep into whatever area or goal you need to address. This can be done as a standalone session or as a follow-up to a longer session. The mini programme includes bonus organic medicinal herbal tea to take home – chosen for your health requirements or personal taste.

Half Day Programme - \$450

Perfect for creating a health breakthrough or mindset transformation and get specific help learning new skills, creating a new routine and healthy habits. 4 hours of personalised counselling, information and education, healing activities, training in meditation, yoga or cooking with full guidance and support. The half day programme includes delicious and healthy organic morning or afternoon tea and a personalised flower essence remedy to support your goals.

Full Day Programme - \$750

Perfect for creating a health breakthrough or mindset transformation and get specific help learning new skills, creating a new routine and healthy habits. This programme includes 6.5 hours of personalised one-on-one facilitation and can include goal-setting, counselling, health information and education, healing treatments (such as massage/compresses), key activities and training in meditation, visualisation, yoga or cooking.

The full day programme includes:

- A delicious and healthy organic lunch
- A personalised flower essence remedy to support your goals
- Follow-up email guidance and support.

Extended Programme

As an alternative to the day intensive, a 6 week programme of weekly or fortnightly 60-75 minute sessions is also available.

Investment is \$150 per week or receive 15% discount if paid up front - \$795

***NB: Health Rebates are available for a portion of the cost of the programme if you have extras.**