

# Embracing Health, Embracing Life!

Eight Day Detox, Healing & Raw Food Retreat

*Byron Bay, NSW  
7<sup>th</sup> – 15<sup>th</sup> September, 2011*

## **Getting There:**

The Embracing Life! Retreat is being held at:

Tallows Beach Houses  
2 Alcorn Street  
Suffolk Park NSW 2481  
02 6685-4533

## **Flying:**

The closest airport is Ballina Airport, which is about 30 minutes from Byron Bay, and the nearest major airport is Coolangatta Gold Coast Airport which is a 45 minute drive. There are direct flights daily between Sydney & Ballina and three times per week from Melbourne. Coolangatta has a much more extensive range of flight services.

## **Driving:**

### **From Coolangatta Airport**

Tallows Beach Houses is located at Byron Bay on the North Coast of NSW, about 45 minutes' drive south from Coolangatta Gold Coast Airport.

- Follow the Pacific Highway South and take the Byron Bay Exit onto Ewingsdale Road (57km)
- Follow Ewingsdale Road into Byron Bay across the railway tracks (3.8km).
- Take the second right into Jonson Street.
- Turn left at Browning street.
- At the roundabout take the 3<sup>rd</sup> exit into Bangalow Road which changes into Broken Head Road (4.5km)
- Turn left into Clifford Street
- Take the 3<sup>rd</sup> left into Alcorn Avenue
- Tallows Beach Houses is at the very end of the street
- Use code 1780# to enter the gates

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## From Ballina Airport

Tallows Beach Houses is located at Byron Bay on the North Coast of NSW, about 30 minutes' drive north from Ballina Airport.

- Follow the Pacific Highway north and turn right into Broken Head Road (18.5km)
- Follow Broken Head Road for 9.5km
- Turn right into Clifford Street
- Take the 3<sup>rd</sup> left into Alcorn Avenue
- Tallows Beach Houses is at the very end of the street
- Use code 1780# to enter the gates

## Shuttle Bus:

The easiest way to get to Tallows Beach Houses from either Airport is via Byron Bay Shuttle Buses. They have regularly scheduled services that can drop you at the door of Tallows for between \$30-\$40. Bookings can be made at:

[www.byronbayshuttle.com.au](http://www.byronbayshuttle.com.au)

## Check-in:

Check-in is from 2pm NSW time, and our first group get-together will be at 5.30pm, so arrival prior to this time would be appreciated so that you don't miss the introduction to the week's events. Please allow enough time to get from the airport to the resort with a buffer zone for unexpected delays.

If you are going to be arriving after 5.30pm, please advise Leisa beforehand so that arrangements for this can be made.

Leisa can be contacted on mobile number 0413-143-707 or e-mail

[info@embracinghealth.com.au](mailto:info@embracinghealth.com.au)



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## **Check-out:**

Check-out is by 10am on the Saturday morning, and we will be finished our breakfast and closing by 8.30 – 9.00am. Return Shuttle Buses can be organised to pick you up at the door.

## **Accommodation:**

Couples are staying in one of the three private ensuite rooms, and Tallows main accommodation is in funky two bedroom cottages, where everyone will enjoy their own private bedroom with shared living areas and bathroom.

## **What to bring:**

- Swimwear
- Hat
- Non-toxic sunscreen and insect repellent
- A torch and an umbrella are both handy to have
- An alarm clock
- Beach towel
- Comfortable clothes suitable for Yoga
- A Yoga mat if you have one
- Sneakers for walking
- Warm clothes for cool nights and mornings
- Something nice to wear for our last night celebration dinner
- Books or magazines for reading on the beach
- Hairdryer and non-toxic personal care products
- A fun attitude

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## **What NOT to bring:**

- Any food or snacks
- Tea or coffee (herbal teas will be provided)
- Cigarettes
- Alcohol
- Only bring necessary medication
- Perfume or personal care products with a strong scent – as a courtesy as some people are allergic or sensitive to any scented products
- Video cameras or recording devices – we request that no recordings of the event on video or tape are made. Camera's for still photographs are fine, and there will be comprehensive notes given at each lecture, so you won't miss anything!
- Workbooks, pens and paper will be provided



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## Extra Bookings:

### Massage:

Two massages are included as a part of your retreat experience, but if you would like extra massage treatments during your stay they will be at a cost of \$95.00 per hour.

Please make all bookings with Leisa – and it would be appreciated if you could let me know your requirements well in advance.

We have Darby Centra, a very talented healer on staff for the week, and he will be treating everyone to one Hawaiian Ka'Huna Massage during the retreat. He is also available to do a limited number of extra massages of various styles during the week, as listed below. Extra treatments are at a rate of \$95 per hour or \$125 per hour and a half.

- **Ka'Huna** - the King of massages - based in the Hawaii'an temple style tradition, a flowing dance of full body-long strokes that work with the breath and energy of the client for a thoroughly relaxing and relieving experience. Utilising only organic coconut oil, these sessions can be tailored to work with the needs of your body and spirit.
- **Bone and Joint massage**- great for deep relaxation, old injuries, blood regeneration.
- **Polynesian floor massage**- excellent for a deep stretch, reinvigoration and alleviation of pain and energy blockages.
- **Ch'i net Tsiang** and **Deep Stomach massage**- superb for deep emotional and physical release- an extremely effective cleansing massage that complements a strong raw food-based cleanse (best during the juice fasting).
- **Deep Tissue Ka Huna**- focusing on holistic cleansing of stagnant energy, working with breath and release.

### Colon Hydrotherapy:

A series of two colonics is included as a part of your retreat package – however if you would like more than two colonics during the detox, extra treatments are at a rate of \$95 per session. All bookings and payments for colonics are organised through Leisa, so please advise if you would like to book extra sessions.



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## Naturopathy:

I will be with you during the whole retreat and there will be ample opportunity in both the lectures, free time, and during the meals for me to answer all of your questions and for all of us to have input and discussions on all sorts of health issues (and anything else that comes up!).

I have found that for most people this interaction, and the education they receive during the week is all they need – but at times someone may genuinely require a more in-depth and private consultation to discuss a more serious health matter.

Up until this time I have been available for personal consultations at my retreats and for varied naturopathic phone consultation work - however due to the rapid expansion of Embracing Health I am no longer able to consult on a personal basis. To allow you to continue to receive the support and guidance that you need, I have expanded my team to include a wonderful, fully-qualified naturopath, Rhianna Smith, who will be working closely with me to ensure you are able to access quality health information that you may not find elsewhere.

I will be taking on a mentoring role with Rhianna, and will continue to oversee and guide your treatment programs. Rhianna, however, will be your point of contact for consultations and follow up support.

Rhianna is available for one hour (\$95) or one and a half hour (\$150) private consultations during the retreat. Please make all bookings with Leisa – and it would be appreciated if you could let me know your requirements well in advance.

I look forward to a great week with you!

*Leisa*

raw food  
Healing is a journey, not just a diet.

