

GROUNDING IN SCIENCE BORN IN LOVE



Time to Hit the Reset

A Transformational Retreat
Reverse Depression, Decline,
Reconnect with Your True Potential

RESET: For Body, Mind, and Spirit

Retreat Objectives:

- Decode your unique biological blueprint through epigenetic testing
- Implement a personalized nutrition and supplementation plan
- Rewire the nervous system through neurophysiological retraining
- Release emotional baggage using holistic mind-body techniques
- Learn physical practices and self-care rituals that sustain wellness

Format:

Part Virtual, Part On Site:









Retreat Format Overview

Virtual

This exclusive virtual session is designed to empower you with cutting-edge insights into your body, mind, and lifestyle.

As part of this program, you'll receive a personalized epigenetic testing kit that unlocks a detailed report covering:

-  12 Key Optimization Indicators
-  System & Cardio Support Metrics
-  Resistance & Immunity Profiles
-  Environmental Sensitivity Insights
-  Food Sensitivities & Addictive Triggers
-  Recommended Foods for Optimal Health

Every data point is encrypted, strictly private, and for your eyes only. Your personal health information is never shared or sold—you retain full control.

In today's session, we'll explore how this powerful tool can help you achieve your health and lifestyle goals through targeted, data-driven strategies.

Let's begin your journey toward a better, more vibrant you.

➔During the process, we also cover travel and dates for your retreat

You will receive a comprehensive copy of the session notes, including highlights and agreed-upon actions.

On Site



Day 1 – Arrival & Epigenetic Awakening

- Welcome Circle & Intention Setting Ceremony
- Epigenetic Testing Collection (saliva or blood sample)
- Orientation & Overview of the 5-Day Program
- Gentle grounding practices: breathwork + body scan meditation
- Organic dinner and digestive herbal infusion



Day 2 – The Nutritional Reset

- Workshop: “Your Genes, Your Diet”
- Understand how nutrition turns genes on/off
- 1:1 Session: Full dietary and supplement review based on epigenetic profile (preliminary data + intake form)
- Food as Medicine Culinary Class
- Group AcuQi Session:
- A fusion of acupressure, breath, and subtle energy techniques
- Evening: Reflective journaling + integrative yin yoga



Day 3 – Somatic Rebalancing & Release

- Morning Movement: Qi Gong for Nervous System Reset
- Bodywork Rotation:
- AcuQi (1:1)
- Craniosacral therapy
- Lymphatic drainage massage
- Emotional Resilience Toolkit Workshop
- Grounding
- Emotional tracking
- Release techniques (EFT, Havening)
- Sunset Fire Ritual: Release grief, pain, and mental stagnation



Day 4 – Neurophysiological Rewiring

- Morning Neuroplasticity Activation:
- Neurogenic tremoring (TRE) + guided neurobreath
- Workshop: “Reversing Depression Through the Brain-Body Connection”
- Learn daily tools to reset the limbic loop, boost dopamine, and restore vitality
- Water and Floatation Therapy Session
- Evening Sound Healing + Integration Circle



Day 5 – Integration & Breakthrough

- Workshop: “The New You: Life Design from the Inside Out”
- Guided visualizations and breakthrough planning
- 1:1 Strategy Sessions:
- Personalized post-retreat plan integrating:
- Supplement schedule
- Nervous system protocol
- Daily rituals for emotional hygiene
- Closing Breathwork Ceremony + Certificate of Completion



Day 6 – Departure & New Beginnings

- Sunrise meditation + closing gratitude circle
- Healthy brunch & personalized gift bag
- Printed epigenetic profile summary
- Supplement samples
- Retreat journal with integration prompts
- Depart with digital access to a 90-day support plan



What's Included:

- Accommodation (5 nights)
- 3 organic meals/day + snacks, teas, elixirs
- Epigenetic testing & results
- All workshops, classes, and 1:1 sessions
- Supplementation and nutrition review
- Daily AcuQi or other bodywork modality
- Printed and digital resources



Outcomes:

- Reversal of early-stage depressive symptoms
- Increased energy, clarity, and emotional equilibrium
- Customized dietary and supplement blueprint
- Tools to self-regulate stress and inflammation
- A renewed sense of purpose, vitality, and embodiment



Compassionate, Comprehensive Holistic Healthcare Since 2007

With over 3,500 clients served across the Midwest and Florida, Anthony and Mary Holistic Health Services LLC (AAMHHSLLC) has become a trusted name in integrative wellness care.

We are board-certified and renowned for our commitment to personalized, whole-person healing, offering services that support physical, emotional, and energetic balance.

✨ **Why Clients Trust Us**

- 17+ years of proven holistic care
- Tailored treatments rooted in both science and tradition
- Compassionate professionals dedicated to your wellness journey
- Serving individuals, families, and communities with integrity and heart

Whether you're seeking relief, recovery, or deep rejuvenation, we are here to guide you—gently, expertly, and with purpose.

Experience the AAMHHSLLC difference.
Wellness is not a luxury—it's your birthright.