
Perfect Wellness



All You Can Dream

10 days - 20th to 30th March 2021



At a Glance

*Includes 10 Days 9 Nights. 10 Ayurvedic Treatments; Meditation; Yoga, Tai Chi; Acupuncture, Crainosacral Therapy, Dolphin Encounter
Breakfast;Lunch;Dinner. Transfers to and from airport*

Introduction

Wellness is an active process of becoming aware of and making choices toward a more successful existence.

It an integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable. It requires that the individual maintain a continuum of balance and purposeful direction .

Wellness is a direction in progress toward an ever-higher potential of functioning.



In our complex world, how do we make choices? Do we make our current choices through the useful filters of our past experience? What lessons do we choose to retain and which no longer serve us in the present moment? How can we make everybody happy including ourselves? What do we define as success? Can we live a Pain free life?

The choices that we make carry with them consequences. How can we ensure that each and every choice builds towards goals which are in the highest good? How can we tune into our higher wisdom and select the choices that lead to the outcomes that are in line with our highest good?

The Solution

We have designed a program which combines the very best of all available Western and Eastern Techniques and approaches that have been proven to be **the most effective** in helping individuals find and tune into their own **WISDOM WITHIN.™**

The program offers two(2) tracks, one for those interested in developing deeper skills in meditation and self realization and one for those healing from pain. Both maybe combined in one visit.

Perfect Wellness: **WISDOM WITHIN™**

This 10-day program, which incorporates three days of silence, a vision quest and deep soul communication is designed to deepen the experience of life through Panchakarma.

Panchakarma is Ayurveda's primary purification and detoxification treatment. Panchakarma means "five therapies". These 5 therapeutic treatments eliminate toxins from the body, they are : Vamana, Virechana, Nasya, Basti and Raktamoskshana.

Highlights of the days include Individual wellness assessment, Dosha, constitution, lifestyle, ailments etc assessment, individual selection of targeted Ayurvedic treatments a group excursion to the Sacred Hot Springs and Buddhist Temple, morning meditations with dolphins,, and experiences that guide guests within so that they can hear the wisdom of their inner voice.

Guests will enjoy a deeper exploration of Ayurveda and the connection between physical experiences and spirituality in addition to daily CrainoSacral Therapy, Acupuncture and Ayurvedic spa treatments, Seven Spiritual Laws of Yoga classes, Tai Chi and group meditations.

Participants will develop their own self-trust and inner voice, which will naturally enhance intuition and creativity. This experience enhances balance by deeply attuning participants to their body's wisdom for in depth healing.

Features

- Daily yoga and group meditations
- Daily Ayurvedic spa treatments
- Mind-Body Consultation with Board Certified Holistic Health physician
- CrainoSacral Therapy
- Acupuncture
- Visit to Local Hot-springs Healing pools
- Dark into Light morning meditation with local dolphin pod
- Deeper exploration of Ayurveda & spirituality (agni hotra)
- 3 days of Silence which supports the integration of Panchakarma & teachings
- Mindful meditation walks
- Journaling

Who should attend

- People who are experienced in mediation and who wish to deeper these skills.
- People who are seeking a higher level of wellness and wish to prepare or restore for daily life.

Perfect Wellness: **Living a Pain Free life**

If you are interested in mind-body healing and have been diagnosed with pain disorder, suffer from chronic pain, or want to learn more about holistic approaches to treating pain, Perfect Wellness Healing from Pain program is designed specifically for you.

Guided by our Holistic mind-body specialists, you will experience all the benefits of our signature Perfect Wellness program while learning tools to manage pain syndromes, reduce inflammation in your body, and regulate stress. You will enjoy lectures from pain specialists, and receive specific treatments in the areas of acupuncture, hypnotherapy, and holistic physical therapy in a supportive, small-group environment.

Benefits

- Develop self-trust by listening to your inner voice and be able to freely tap into intuition and creativity.
- Experience deep rest by slowing the rhythm of the body.
- Eliminate toxins from your body to feel more energized and balanced.
- Create balance by deeply attuning to your body's wisdom and carrying it onward into our everyday life.
- Learn how to eliminate toxins from the body through diet and lifestyle changes and as a result have more energy to heal physically and emotionally.
- Access to a new paradigm on managing pain from a body-mind-spirit approach.
- Deeper understanding of the importance of emotions in pain syndromes.
- Dietary recommendations to reduce inflammation and pain symptoms and identify proper nutrition for your mind/body type to balance your body and reduce inflammation.
- Yoga/meditation and holistic therapies to manage pain symptoms and regulate stress.

Who should attend

- People who are diagnosed with pain disorder or are experiencing chronic pain symptoms.
- People who are interested in learning about holistic approaches to treatment of pain management.

What to Expect

You will receive the best individual service from the moment that you book your retreat with us. We have over Twenty(20) years experience in crafting the right series of events to help you make the break through to living that more fulfilled life that you deserve.

“From the moment I arrived I knew I was in safe hands”. [Louise J](#)

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, it’s insides come out and everything changes. To someone who doesn’t understand growth, it would look like complete destruction.”

You may sign up for palm trees and sun, but I guarantee, you will get more than you bargained for...your soul already knows it. [Lauren Z](#)

“Bali and memories of this retreat are now the safe place in my heart that I have learnt to travel to whenever I need it.” [Teresa G](#)

“If you can find two more gracious, kind, knowledgeable, supportive hosts on the planet, then you have gone to heaven.” [Janice P](#)

“The assistance booking the flight and travel in Bali after the retreat was just phenomenal. We would do it again in a heart beat.” [Jenny L](#)

“ Was intimidated by the days of silence, but honestly this was possibly the most beneficial part of the experience. I learnt to be with myself in a totally and most wonderfully different way.” [Marty M](#)

“I have been to Bali before, but never experienced anything quite like this, totally magical.” [Clare T](#)

“When they say all inclusive they really mean it. The food, treatments, trips were all of the highest quality.” [Karen T](#)

Sample Schedule

Day 1

Pick up from Denpasar Airport for afternoon arrival at Zen Resort
Check-in and relax with Traditional Balinese Massage and Floral Bath

Day 2

Sunrise Yoga
Morning Group [Atman guJita](#)
Open Chakra Treatments
Hemblecya Introduction to “Soul’s cry for a Dream”
sandhA jala-zakti
Sunset Meditation

Day 3

Sunrise Yoga
Morning Group [Atman guJita](#)
Acupuncture Sessions for Pain Management Elective
CrainoSacral Therapy for Pain Management Elective
Padabhyanga
Sunset Meditation
Satsang

Day 4

Morning Group [Atman guJita](#)
Sunrise Yoga
Banjar Hot Springs, Eco-Forest Walk, Vihara Temple
Sunset Meditation

Day 5

Day of Silence

Sunrise Yoga
Acupuncture Sessions for Pain Management Elective
CrainoSacral Therapy for Pain Management Elective
Choice of either Shiro Abhyangam or Sarvangadhara
Sunset Meditation

Day 6

Day of Silence

Sunrise Yoga

Acupuncture Sessions for Pain Management Elective

CrainoSacral Therapy for Pain Management Elective

Choice of either Abhyanga Oil or Shirodhara

Sunset Meditation

Day 7

Day of Silence

Sunrise Yoga

Acupuncture Sessions for Pain Management Elective

CrainoSacral Therapy for Pain Management Elective

Choice of either Talapatichil or Bashpasweda

Sunset Meditation

Day 8

Sunrise Dolphin Mediation

Morning Group [Atman guJita](#)

Acupuncture Sessions for Pain Management Elective

CrainoSacral Therapy for Pain Management Elective

Choice of either Abhyanga Fruit or Bashpasweda

Sunset Meditation

Day 9

Sunrise Yoga

Morning Group [Atman guJita](#)

Acupuncture Sessions for Pain Management Elective

CrainoSacral Therapy for Pain Management Elective

Open Chakra Treatments

Sunset Mediation

Full Moon Ceremony

Day 10

Sunrise Yoga

Morning Group *Atman guJita*

Check Out.

Transfer to Denpasar Airport for Departure.



Please note that this is a sample schedule and your individual schedule maybe differ as we individualize treatments and schedules to ensure that your achieve your optimum wellness goals.



Overlooking the Sea of Bali, nestled in tropical gardens, surrounded by natural forests and rice fields, is Zen Resort Bali - a holistic and wellness sanctuary to relax and rejuvenate your physical, psychological and spiritual wellness. Featuring the NIRVANAMSM Sanctuary, a Universal Energy Sweet Spot where many guests have reported opening up to the power within themselves for first time.



Accommodations:

Escape and retreat to pure and simple luxury-villa style rooms, designed in traditional Balinese architecture with the ethos of Zen all around.

The villas all feature Balinese-style stone carved terraces, surrounded by tropical gardens allowing you to catch the sunrise or relax at sunset at your leisure.

Each villa has beautifully carved Balinese furniture, handmade furnishings, a walk in wardrobe with a dressing area and unique garden bathrooms, walled and

private with a view of the sky with rain showers and some with a sunken stone bath tub.

Foods:

The exquisite MaitriSM Restaurant and the pool-side garden ArunaSM Restaurant at Zen serve organic vegetables and meats, fresh catch from the bountiful Bali Sea, poultry dishes, as well a wide range of tropical fruits from our own on site farm. Our a la carte menus offers both Western and Eastern cuisines and our head chef's daily 3 course menu will leave your palate wanting more. At Zen Resort all dietary and food requirements are individually catered for.

Dine on one of our 'Top of the World' terraces, under the stars looking out onto natural forests, rice fields, vineyards and the Sea of Bali; in the pool-side ArunaSM restaurant; in MaitriSM, our exquisite contemporary restaurant; or for a really intimate dining experience, in your Villa terrace.



Certificate of Excellence
2019 Winner

How to Book:

预定你的地方 Um zu Reservieren Para Reservar Pour Réserver votre place Чтобы забронировать место

By the web site: You may go to the web site www.anthonyandmary.com and submit your request for a reservation

☎ By Phone: You may contact 1-(708) 297 8879 lines are open 24hrs per day 7 days a week

By Email: Send your email to ajmcgrath@mac.com

Terms and Conditions:

Price:

Dollars  4,835.00  4,490.00

Euros  4,492.00  4,171..00

Price is inclusive, of all accommodation, 9 nights 10 days stay in 4 star accommodation. All meals, (breakfast lunch & dinner). Soft drinks are included but alcohol is not. Transportations in Bali to and from the airport and from other locations within Bali upon request. Airfare to Bali is NOT included and you should not book your flight before you have a confirmation from Anthony and Mary.

Prices are correct at time of printing but are subject to change without notice.

Discounts: An Early Bird 5% discount available for bookings made and paid in full prior to November 2020

Payment

A deposit of 10% of the total is required to hold your place. A further 50% is required by December 31st 2020

The balance is required by February 15th 2021.

The size of the group is limited so please book as early as you can. Accommodations are allocated on a first come first served basis so again early booking will ensure better choice.

Payments made by personal or company check should made payable to Anthony & Mary McGrath and sent to:

6507 179th Street, Tinley Park, IL 60477 USA.

Payments are also accepted by Credit Card, Wire Funds Transfer or Pay Pal Transfer, please email or phone for details. These payments may attracted a surcharge,

Cancellations and Refund Policy

If you cancel prior to December 2020 then your deposit will be refunded. After January 2021 the initial deposit (10%) will be retained unless your place(s) can be filled. After February 2021 all monies paid will be retained. In cases of hardship please ask.

Booking Process

Contact either Anthony or Mary McGrath and place your verbal commitment:

You will receive an email confirming that we have held a space for you on the event:

When we receive your deposit will send you an email confirming your reservation and we will begin working with you to finalize your flight information.