



Holistic
Health

SOUTH WEST FLORIDA

Your Health, Naturally

3, 5 OR 8 DAY RETREATS

SOUTHWEST
FLORIDA

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In today’s modern world, many of our systems and customs seem to be organized in a way that separates the different facets of health-we’re committed to the vision of holistic health: it can be broken down into parts, but each part is ultimately inextricable from the whole.

“Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity.” – World Health Organization, 1948

“An ounce of prevention is worth a pound of cure.” Benjamin Franklin 1736

“It is health that is the real wealth, and not pieces of gold and silver.” – Mahatma Gandhi

“The doctor of the future will give no medicine, but will instruct his patients in care of the human frame, in diet, and in the cause and prevention of disease.” – Thomas Edison



ABOUT US

Based in Bonita Springs just a stone's throw away from some of the most amazing beaches in the USA. Anthony and Mary have settled down to call this home. As part of a strategic move in 2020, they have helped establish a hub of holistic healing. Anthony and Mary have over twenty-three years of experience in designing and leading retreats throughout the world always to impeccable standards.

Our solutions include some of the leading edge science-based healing therapies on the planet but all with the basic framework of natural healing:

Clean Air

Clean Water

Clean Food

Finding your passion

Being surrounded by people that you love and that love you

In addition to the daily services we offer to our local clients, we have configured three healing additional frameworks. These are designed to make access to our services for visitors easy and stress-free by providing a solid structure based on our experience of what works.

They all include transportation, accommodation, nutrition, holistic health services, and a concierge aftercare program for maximum support as you reintegrate back into your environment:

Each framework is tailored and flexed to meet your exact needs prior, during, and after your visit:

THE JOURNEY BEGINS WHERE YOU ARE



As Individual As You ARE

We begin by asking you to complete an online form. This outlines what you currently think are the issues that you would like to address: As you progress these will change in terms of order of priority. We offer a truly encompassing range of services you are free to choose as many as is viable during the time that you are with us or to focus on a SINGLE aspect of your health.

We are confident of our abilities to help you improve no matter what health condition you are dealing with, we are here to help. We have extensive experience in working with even the most challenging and complex health issues. So much so we are often the last port of call. Instead, make this your first stop. It will save you time, money, and anguish.

The next step is for us to connect via conference call or Zoom to finalize and ratify all the details such as dates, travel, transportation, accommodation, nutritional requirements.

We then provide you with an estimate of the costs involved for you to approve before booking.

When we are all set then, you can relax and we look forward to working with you.

<ul style="list-style-type: none">• Colonics (Gravity Enclosed & Ozonated)*• Craniosacral/SER (Upledger Institute)• Therapeutic Massage• Myofacial, Neuromuscular, Swedish• Hot Stone Massage• Reiki• Lymph Drainage (Chickly Institute)• XP2 Lymph Drainage Accelerator(Rightway)*• Reflexology - IIR Ingham Method• Lakota Raindrop Therapy (9 Essential Oils)• Detoxification & Clinical Nutritional Coaching• Daily Meditation• Yoga• Qi Gong• ZenChi• AcuQi• Zen'Su floatation treatments• BEMER Sessions• Power Plate Pro 5 Air Adaptive• Hyperbaric Chamber Oxy Health• MSA Bio Meridian Stress Testing• HALO BioPhotonic Therapy w Blue Light Therapies• Healy Resonance Micro-frequency• Aura and Subtle Body Analysis	<ul style="list-style-type: none">• 5D Body Constellation Therapy by Robyn• Ionic Cleanse by AMD Foot Detox Baths*• Paraffin Wax Treatments Hands & Feet• Heart Centered Therapy Chikly Institute• Ear Candling (Harmony Cone)• Far Infrared Dry Sauna*• Longevity Resources Ozone Steam Cabinet*• Ozone Ear & Sinus Insuffulations Sessions• Ozone Limb & Whole Body Bagging• Ozone Insuffulations• Organic Skin Care with Aga (Eminence & Polish)• Micro Channeling (Micro Needling Packages)• Micro-current Sessions• Diamond Dermabrasion, LED Light Facials• Full Body Waxing, Sugar Scrubs, Salt Scrubs• Body Wraps and Manicures, Dry Pedicures• IV infusions
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A Range of services

Physical Emotional Neurological Spiritual

PERSONAL RETREATS

It is important to remember that we work with the person and not the disease: You are more than just a collection of symptoms or diagnosis. Our role is to act as your guide to your self-healing. Please feel to use our expertise in selecting those services which are most appropriate given the conditions you're experiencing.

Let us work together to create the ideal healing holiday or retreat for you or your family.

ACCOMMODATION

As a premier resort destination we have a wide selection and variety of accommodations that we can provide: from low and high budget rentals to three to five-star resorts:

We can provide specialist facilities for those with special needs, such as allergen-free, disable access, and around-the-clock care. Nothing is too much trouble for us to make sure that you obtain the very best from your visit to us.

TRANSPORTATION

We can provide a seamless end to an end transportation solution, with concierge pick up from the local airports or helping you source a local hire car at a reasonable price:

Specialist ground or air ambulance transportation can also be arranged. For those who do not wish or cannot fly rail connections are also available.

NUTRITION

As it often been said “Let Food be the Medicine” We place great store by the section and variety of menus available. All food is locally grown, organic, and sustainably sourced. Gluten and additive-free. Fresh juices, spring water, and organic free-trade coffee and teas are readily available. We cater to all types of allergenic responses. We include a nutritional guidance package in nearly every one of our retreats.

SET FORMAT RETREATS

Each year we offer three-set format retreats for our clients. We have found are the most useful: A more detailed description of each will follow:

These are:

First Steps

Making Progress

Renewal

FIRST STEPS

Duration: 3 days

The first steps you take are some of the most important. Important that the beginning of this next phase of your journey is begun correctly. Building the foundation for all future progress:

Sample Schedule:

Day One

7am **ZenChi** here you begin to learn a 27 minute a day program which will radically improve your physical well being. Setting the foundations for continued practice.

7:45am **Breakfast** You will begin the delicious detox Juice fast determined by our experts to the optimal fast for your body and blood type;

9am **Colonic** Our experienced team will help you cleanse your lower bowel, the all important pathway to elimination and beginning of a new era of health.

10:30am **Mid Morning Juice and relaxing massage** Keeping hydrated and relaxed is the fastest way of making progress. Managed intensity at a pace that you can accept.

12 Noon: **Vitamin D infusion** Gentle relaxation in the natural sunlight for 40 minutes is the optimum method of ensuring that your liver is activated for optimum digestive efficiency.

1pm: **Afternoon Juice and nap**

2:30 pm **Zen'su water flotation** Here we begin to unwind the long held emotional patterns. Patterns that are the underlying cause of stress.

4:30 pm **Evening Juice and fruit**

5:30 pm **Evening Moving Meditation** A blend of light yoga breathing and Tai Chi designed to promote a sense of well being and profound peace.

6:30 pm **Consultation** Here we review the days progress with you. Discuss the options for tomorrow and any additional needs you may have.

7 pm **Reflection:** We invite to relax, read and journal before your bed time:

Sample Schedule:

Day Two

7am **ZenChi** here you begin to learn a 27 minute a day program which will radically improve your physical well being. Setting the foundations for continued practice.

7:45am **Breakfast** You will begin the delicious detox Juice fast determined by our experts to the optimal fast for your body and blood type;

9am **Craniosacral Therapy** This is either a single or double therapist session. CST has a wide range of benefits this one we like to think of as an emotional detox

10:30am **Mid Morning Juice and relaxing massage** Keeping hydrated and relaxed is the fastest way of making progress. Managed intensity at a pace that you can accept.

12 Noon: **Vitamin D infusion** Gentle relaxation in the natural sunlight for 40 minutes is the optimum method of ensuring that your liver is activated for optimum digestive efficiency.

1pm: **Afternoon Juice and nap**

2:30 pm **Mediation** Here we begin tap in to the deeper issue at an energetic level. Patterns that are the underlying cause of recurring Life stress.

4:30 pm **Evening Juice and fruit**

5:30 pm **Evening Moving Meditation** A blend of light yoga breathing and Tai Chi designed to promote a sense of well being and profound peace.

6:30 pm **Consultation** Here we review the days progress with you. Discuss the options for tomorrow and any additional needs you may have.

7 pm **Reflection:** We invite to relax, read and journal before your bed time:

Sample Schedule:

Day Three

7am **ZenChi** here you begin to learn a 27 minute a day program which will radically improve your physical well being. Setting the foundations for continued practice.

7:45am **Breakfast** You will begin the delicious detox Juice fast determined by our experts to the optimal fast for your body and blood type;

9am **Healy Session** We complete an Aura Analysis and Chakra Rebalancing session together with a Digital Nutrition and dietary modification suggestions.

10:30am **Mid Morning Juice and relaxing massage** Keeping hydrated and relaxed is the fastest way of making progress. Managed intensity at a pace that you can accept.

12 Noon: **Vitamin D infusion** Gentle relaxation in the natural sunlight for 40 minutes is the optimum method of ensuring that your liver is activated for optimum digestive efficiency.

1pm: **Afternoon Juice and nap**

2:30 pm **Mediation** Here we begin tap in to the deeper issue at an energetic level. Patterns that are the underlying cause of recurring Life stress.

4:30 pm **Evening Juice and fruit**

5:30 pm **Evening Moving Meditation** A blend of light yoga breathing and Tai Chi designed to promote a sense of well being and profound peace.

6:30 pm **Consultation** Here we review the days progress with you. Discuss the options for tomorrow and any additional needs you may have.

7 pm **Reflection:** We invite to relax, read and journal before your bed time:

MAKING PROGRESS

Duration: 5 days

Building from the success and solid foundation of First Steps we invite you to travel deeper into the inner exploration of you in your aspects.

In this program, we begin to add in the additional mindfulness practice of Silence Days where remain in silence for 24hrs. While this process may seem daunting at first once you have completed it. You will want more. The tranquility and inner peace are astounding.

7am **ZenChi** here you begin to learn a 27 minute a day program which will radically improve your physical well being. Setting the foundations for continued practice.

7:45am **Breakfast** You will begin the delicious detox Juice fast determined by our experts to the optimal fast for your body and blood type;

9am **Healy Session** We complete an Aura Analysis and Chakra Rebalancing session together with a Digital Nutrition and dietary modification suggestions.

10:30am **Mid Morning Juice and relaxing massage** Keeping hydrated and relaxed is the fastest way of making progress. Managed intensity at a pace that you can accept.

12 Noon: **Vitamin D infusion** Gentle relaxation in the natural sunlight for 40 minutes is the optimum method of ensuring that your liver is activated for optimum digestive efficiency.

1pm: **Afternoon Juice and nap**

2:30 pm **Mediation** Here we begin tap in to the deeper issue at an energetic level. Patterns that are the underlying cause of recurring Life stress.

4:30 pm **Evening Juice and fruit**

5:30 pm **Evening Moving Meditation** A blend of light yoga breathing and Tai Chi designed to promote a sense of well being and profound peace.

6:30 pm **Consultation** Here we review the days progress with you. Discuss the options for tomorrow and any additional needs you may have.

7 pm **Reflection:** We invite to relax, read and journal before your bed time:

RENEWAL

Duration: 8 days

Building from the success and solid foundation of First Steps and Making Progress we invite you to travel still deeper into the inner exploration of you in your aspects. We find that one time a year is in the best traditions of mindfulness to explore renewal.

7am **ZenChi** here you begin to learn a 27 minute a day program which will radically improve your physical well being. Setting the foundations for continued practice.

7:45am **Breakfast** You will begin the delicious detox Juice fast determined by our experts to the optimal fast for your body and blood type;

9am **Healy Session** We complete an Aura Analysis and Chakra Rebalancing session together with a Digital Nutrition and dietary modification suggestions.

10:30am **Mid Morning Juice and relaxing massage** Keeping hydrated and relaxed is the fastest way of making progress. Managed intensity at a pace that you can accept.

12 Noon: **Vitamin D infusion** Gentle relaxation in the natural sunlight for 40 minutes is the optimum method of ensuring that your liver is activated for optimum digestive efficiency.

1pm: **Afternoon Juice and nap**

2:30 pm **Mediation** Here we begin tap in to the deeper issue at an energetic level. Patterns that are the underlying cause of recurring Life stress.

4:30 pm **Evening Juice and fruit**

5:30 pm **Evening Moving Meditation** A blend of light yoga breathing and Tai Chi designed to promote a sense of well being and profound peace.

6:30 pm **Consultation** Here we review the days progress with you. Discuss the options for tomorrow and any additional needs you may have.

7 pm **Reflection:** We invite to relax, read and journal before your bed time:

BOOKING

Our retreat programs are purposely kept small and intimate in order to ensure that highest possible level and quality of services

How to Book:

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

By the web site: You may go to the web site www.anthonyandmary.com and submit your request for a reservation. You will then be given a quote which will generally be good for 15 days

☎ 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:

The Quoted Price is inclusive, of all accommodation, All meals, (breakfast lunch & dinner).

Soft drinks are included but alcohol is not. Transportations too and from the airport and from other locations within USA upon request. Airfare to Florida is NOT included unless specifically within confirmed within the quotation and you should not book your flight before you have a confirmation from Anthony and Mary.

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

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

Payment

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

The balance is required two weeks prior to your arrival.

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: 28551 Soleil Circle #108 Bonita Springs FL 34135 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 six weeks before the date of arrival then your deposit will be refunded. After this the initial deposit (10%) will be retained unless your place(s) can be filled. Cancelations two weeks or less prior to the date you planned to arrive 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.

