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# Perfect Wellness

## The Journeys Destination

10 day or 5 Day or 3 Day Personal Programs October 23rd 2020 onwards

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### *At a Glance*

*First Class Accommodation, Personalized Dietary Program, Private Pool, Yoga, Meditation, Therapy & Healy Sessions, Beach Front Walks*

*Select from three options of 10 days or 5 days or 3 days  
Breakfast; Lunch; Dinner. Transfers to and from airport*

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## 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 with 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. You may combined the two tracks into one program.**

This 10 day, 5 day, 3 day program, which incorporates three or one days of silence, a vision quest, and deep soul communication is designed to deepen the experience of life.

**2020** has been an eventful year. One in which we have been forced to confront many of naturally held fears. One in which we have been encouraged to dive deeper into ourselves and find the resources that we need to move from fear into compassion.

**2020** holds the keys to our evolution, physically, emotionally, mentally, and spiritually. These are tough lessons unless we learn to truly listen to ourselves.

Participants will develop their 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
- Personalized Dietary Evaluation
- Healy Sessions
- Mind-Body Consultation with Board Certified Holistic Health Practitioner
- Subtle body Analysis and Reports
- CranioSacral Therapy
- AcuQi
- Dark into Light morning meditation with local wildlife
- A deeper exploration of The Body Emotion Mind Spirit Matrix
- The practice of Silence supporting the integration of Panchakarma & teachings
- Mindful meditation walks
- Journaling

#### **Who should attend**

- People seeking to integrate the experience of 2020 into a valuable life lesson
- People wishing to find relaxation and comfort
- 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.

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*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.

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## *Sample Schedule*

### ***Day 1***

Pick up from Fort Myers Airport for afternoon arrival at Retreat Resort  
Check-in and relax with welcome smoothie

### ***Day 2***

Sunrise Yoga  
Morning Group [Atman guJita](#)  
Meeting to define and discuss individual needs for the program  
Hemblemcyia Introduction to “Soul’s cry for a Dream”  
Sunset Meditation

### ***Day 3***

Sunrise Yoga  
Morning Group [Atman guJita](#)  
AcuQi Sessions for Pain Management Elective  
CranioSacral Therapy for Pain Management Elective  
Healy Sessions  
Sunset Meditation

### ***Day 4***

Morning Group [Atman guJita](#)  
Sunrise Yoga  
Kayak exploration of Lovers Key  
Sunset Meditation  
Sating

### ***Day 5***

#### ***Day of Silence***

Sunrise Yoga  
AcuQi Sessions for Pain Management Elective  
CranioSacral Therapy for Pain Management Elective  
Healy Sessions  
Sunset Meditation

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## ***Day 6***

### ***Day of Silence***

Sunrise Yoga

AcuQi Sessions for Pain Management Elective

CranioSacral Therapy for Pain Management Elective

Healy Sessions

Sunset Meditation

## ***Day 7***

### ***Day of Silence***

Sunrise Yoga

AcuQi Sessions for Pain Management Elective

CranioSacral Therapy for Pain Management Elective

Healy Sessions

Sunset Meditation

## ***Day 8***

Sunrise Dolphin Mediation

Morning Group [Atman guJita](#)

AcuQi Sessions for Pain Management Elective

CranioSacral Therapy for Pain Management Elective

Healy Sessions

Sunset Meditation

## ***Day 9***

Sunrise Yoga

Morning Group [Atman guJita](#)

AcuQi Sessions for Pain Management Elective

CranioSacral Therapy for Pain Management Elective

Healy Sessions

Sunset Mediation

Evening Closing Dinner

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## *Day 10*

Sunrise Yoga

Morning Group Atman guJita

Check Out.

Transfer to Airport for Departure.



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

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## Location:

*Overlooking the Gulf of Mexico warmed by the sea breezes, we have selected this location for the maximum benefit of our clients and their needs. Unapologetic luxury will enable you to soothe your soul and dispel your fears.*

*Regeneration, Relaxation and Rejuvenation is the goal within your reach*



## Accommodations:

Escape and retreat to pure and simple luxury-villa style rooms, designed in traditional Floridian architecture with the ethos of balanced living all year around.

**Air Conditioning\*No Smoking\*Washer & Dryer \*TV Satellite or cable Internet  
Heated Swimming pool\*Hot Tub\*Fireplace**

Just steps to the beautiful and unparalleled beaches of Bonita Springs, rated as some of the top beaches in the world.



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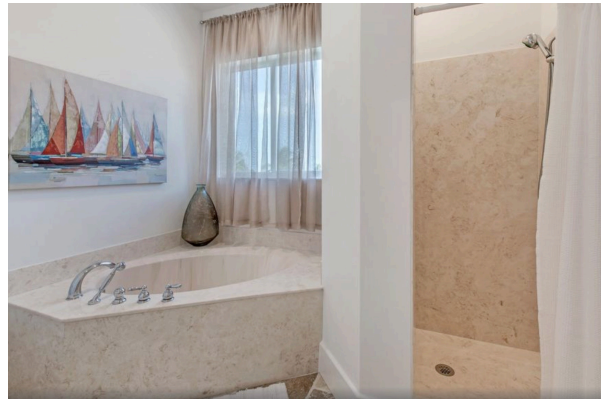
## Foods:

### It begins before you go:

In direct consultation with you we will design and craft a menu to both delight, balance and heal during your stay.

We serve organic vegetables and meats, fresh catch from the bountiful Gulf of Mexico, poultry dishes, as well a wide range of tropical fruits from local organic farm.


Everything is included in the price so no need to concern yourself about anything else other than enjoying yourself and beauty of the surroundings.




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## How to Book:

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









 You may go to the web site [www.anthonymary.com](http://www.anthonymary.com) and submit your request for a reservation

 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](mailto:ajmcgrath@mac.com)

## Terms and Conditions:

### Price: 10 days

3rd Floor King Bed Room Gulf View Dollars	 7,835.00	 8,890.00
3rd Floor Queen Bed Room Street View Dollars	 6,935.00	 7,690.00
2nd Floor King Bed Room Street View Dollars	 6,935.00	 7,690.00
1st Floor Queen Bed Room Street View Dollars	 4,535.00	 6,790.00

### Price: 5 days

3rd Floor King Bed Room Gulf View Dollars	 4,835.00	 5,890.00
3rd Floor Queen Bed Room Street View Dollars	 3,835.00	 4,490.00
2nd Floor King Bed Room Street View Dollars	 3,835.00	 4,490.00
1st Floor Queen Bed Room Street View Dollars	 2,435.00	 3,390.00

Price is inclusive, of all accommodation, selected nights stay in 5 star accommodation. All meals, (breakfast lunch & dinner). Soft drinks are included but alcohol is not. Transportations to and from the airport Prices are correct at time of printing but are subject to change without notice.

## Payment

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

The size of the group(s) 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,

## 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.