

LifeScript Kiran Wellness Retreat

6 DAYS HEALTH RESET



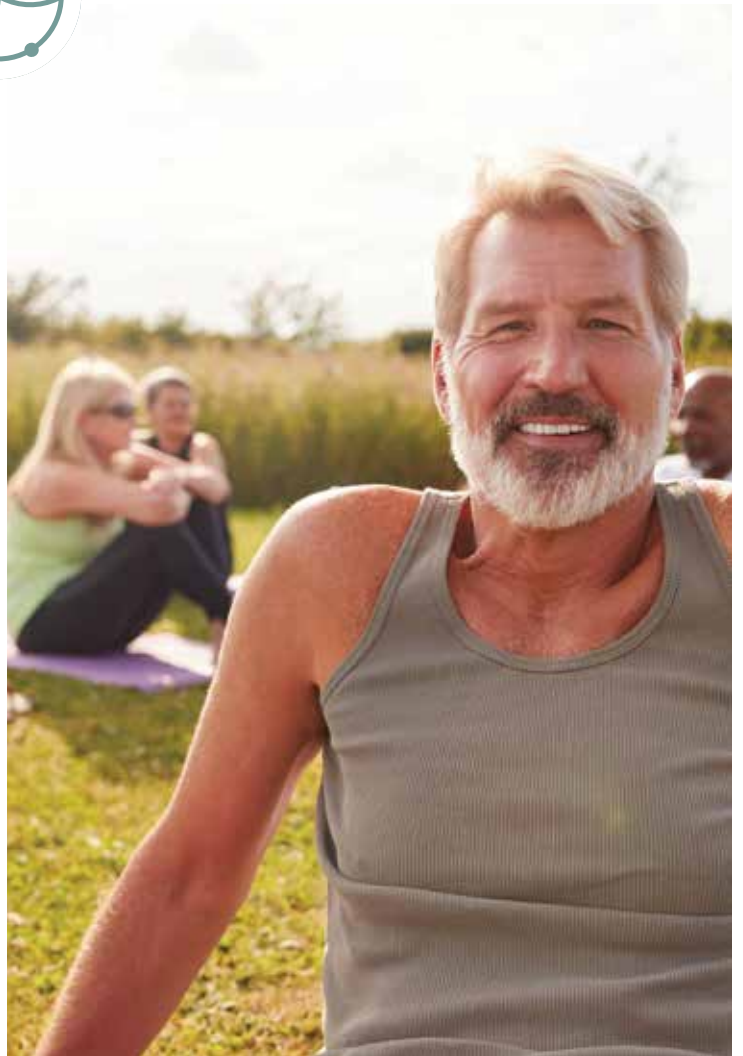
20
GUESTS
ONLY

With Dr.Sonu and a team of
medical and lifestyle professionals

17 - 23 June, 2024
GyMEA Eco Retreat and Spa, Uki NSW

 Dr.Sonu

 HAAN HEALTH
MEDICAL CENTRE



6 days to reset your health path

AUD \$6,800
(twin share)

AUD \$8,000
(single room)

per person
all inclusive

VENUE

GyMEA Eco Retreat
and Spa
128 Bonnydoon Road
Uki,
NSW Australia

RETREAT DATES

17 - 23 June,
2024

REGISTRATION

11am,
17 June GyMEA Eco
Retreat and Spa

END TIME

10.00am 23 June,
after final session

PRE-RETREAT HEALTH CHECK

Appointments
27 - 31 May, 2024

Dr Sonu's LifeScript Wellness Retreat is a unique combination of three fundamental principles to target your return to a healthy path. Through core medicine, lifestyle medicine and emotional medicine, this retreat will both challenge and revive you.

Physician-led and evidence based

LifeScript is unique among wellness retreats with its physician-led and evidence-based results. To improve your personal LifeScript, we must first understand your health. We use the best diagnostic medicine tests and treatments to manage current issues and plan better health outcomes.

Find answers to your personal challenges

No matter which stage of your life you are at, how you live dictates your health. From your lifestyle choices, diet, and emotional balance to your genetic makeup. We will help find answers for you to live better.

Package includes

- 6 nights twin share or single room accommodation at the GyMEA Eco Retreat and Spa in Uki NSW for 20 guests only
- 10 medical and lifestyle professionals to guide you
- Full pre-retreat medical assessment including blood tests and full body MRI scan (optional at extra cost)
- All meals provided
- Full daily program of educational lectures, one on one sessions with medical and lifestyle professionals, cooking classes, meditation, yoga and movement classes.
- Creation of your own personal LifeScript to refocus your health.
- Optional at extra cost 12 week online LifeScript program following retreat
- One session of spa, sauna and massage included



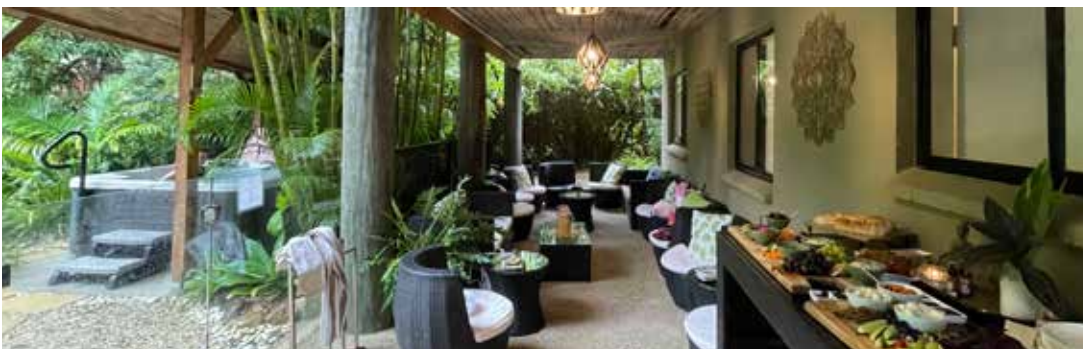
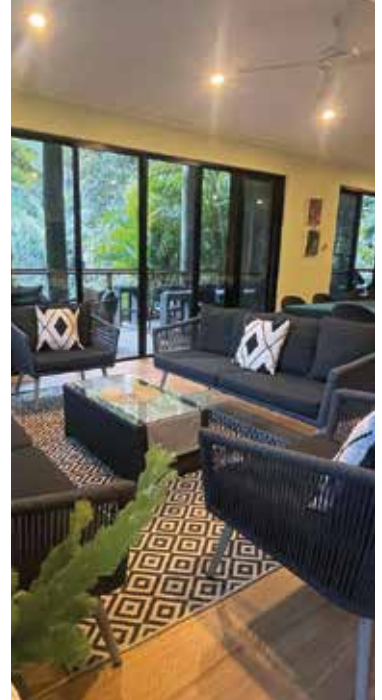
Luxury Northern NSW Retreat



A luxury Northern NSW Retreat 50 min drive south from Gold Coast Airport. Gymea Eco Retreat and Spa is a perfect place for our Wellness Retreat.

Recharge, learn and reset in inspirational surroundings.

- Opulent comfort
- Octagon Group Workshop Space
- Mineral Magnesium Swimming pool
- Spacious Dining and Social Space
- Healing Spa including sauna, steam room, cold magnesium plunge pool, mineral hot tub





EMOTIONAL MEDICINE

Trust / faith
spirituality

Relationship to
self and others

Your 'why'
A sense of purpose

Diagnosis

Tests

Nutrition

Movement

Sleep and rest

Management

LIFESTYLE MEDICINE

CORE MEDICINE



Heal your Self. With your LifeScript.

Designed for any age and health

Chronic illnesses

Aged related illness

Lifestyle diseases

Weight problems

Emotional imbalance

Substance dependency

Stress

Dr Sonu's LifeScript is a unique formula for healing and sustained health through targeting three connected areas of medicine. Scientifically backed clinical medicine, lifestyle and environment, and emotional health all work together to provide balance.

A personal formula, developed for you.

Through careful study and planning of all three areas in your life, Dr Sonu builds your personal LifeScript.

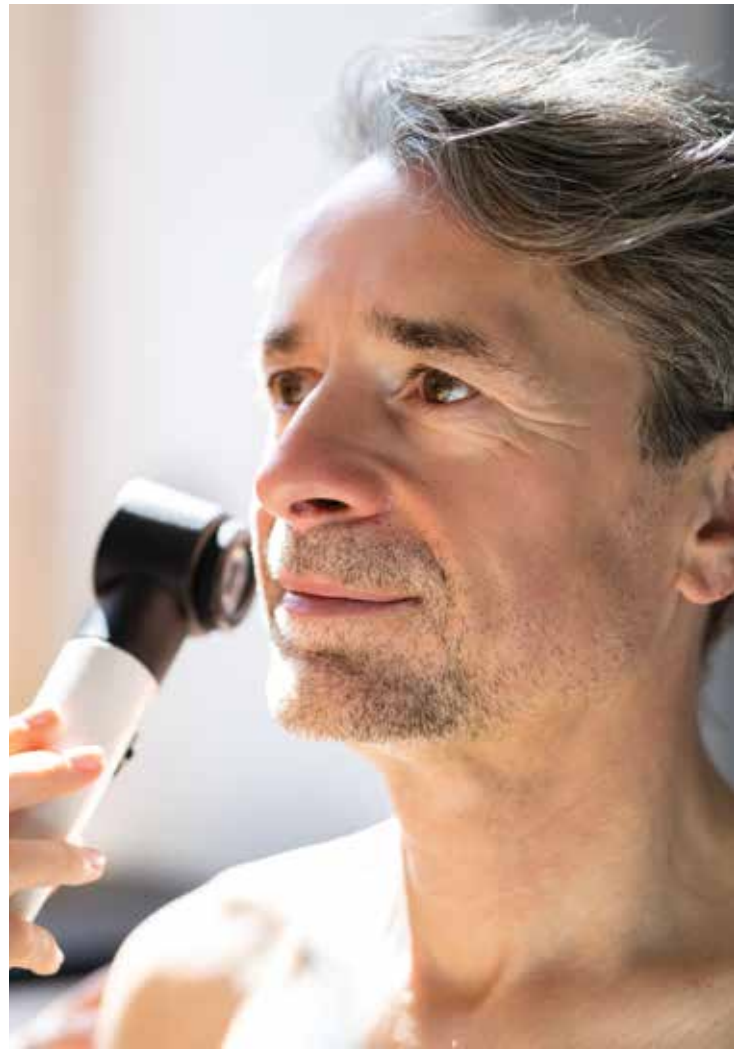
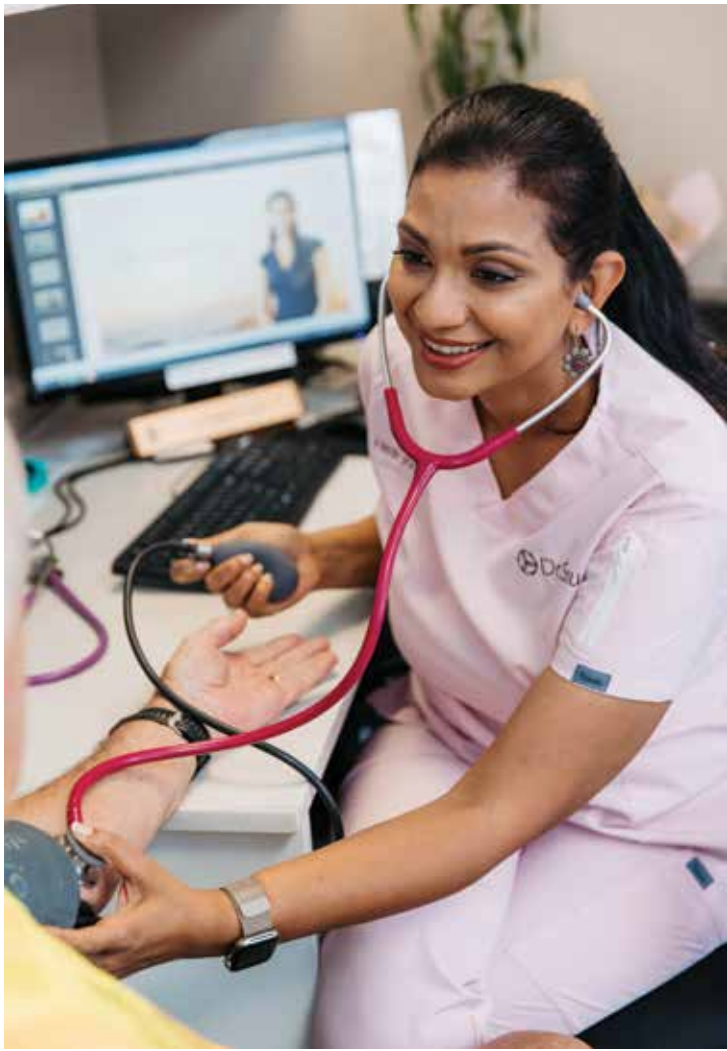
Core medicine is our science backbone. Human bodies are complex systems that work synergistically and symbiotically. Poor diet, poor fitness, substance abuse or dependency, increased stress and 24/7 device addictions often overwhelm medical treatments.

Lifestyle medicine is all about how your lifestyle affects your health. Many of our health issues come from poor diet, lack of activity and broken rest, so it makes sense that these elements of your LifeScript are just as important as the clinical medicine.

Our dietitians, exercise physiologists and psychologists help evaluate your body's needs and create a plan. A healthy body needs movement, the right nutrition, good sleep patterns and the ability to de-stress.

Emotional medicine is knowing your own mind. Uncover what truly makes you happy, listen to your inner voice and trust it. Find your 'why' and your sense of purpose to improve your relationship with your Self and and others.





Pre-retreat health check

Package includes

Comprehensive blood tests

Full medical assessment

Optional whole body MRI scan*

*Additional charges apply. Please contact us for details.

A week before your retreat, you will undergo a full medical assessment by trained physicians, including blood tests. We also can arrange a whole body MRI scan using the most advanced 3T Quantitative MRI in Australian private practice for an additional fee.

This health check will set a baseline for our retreat, to monitor your condition, and help our professional team focus on any issues you may have.

After your retreat, we will compare selected criteria for signs of improvements.

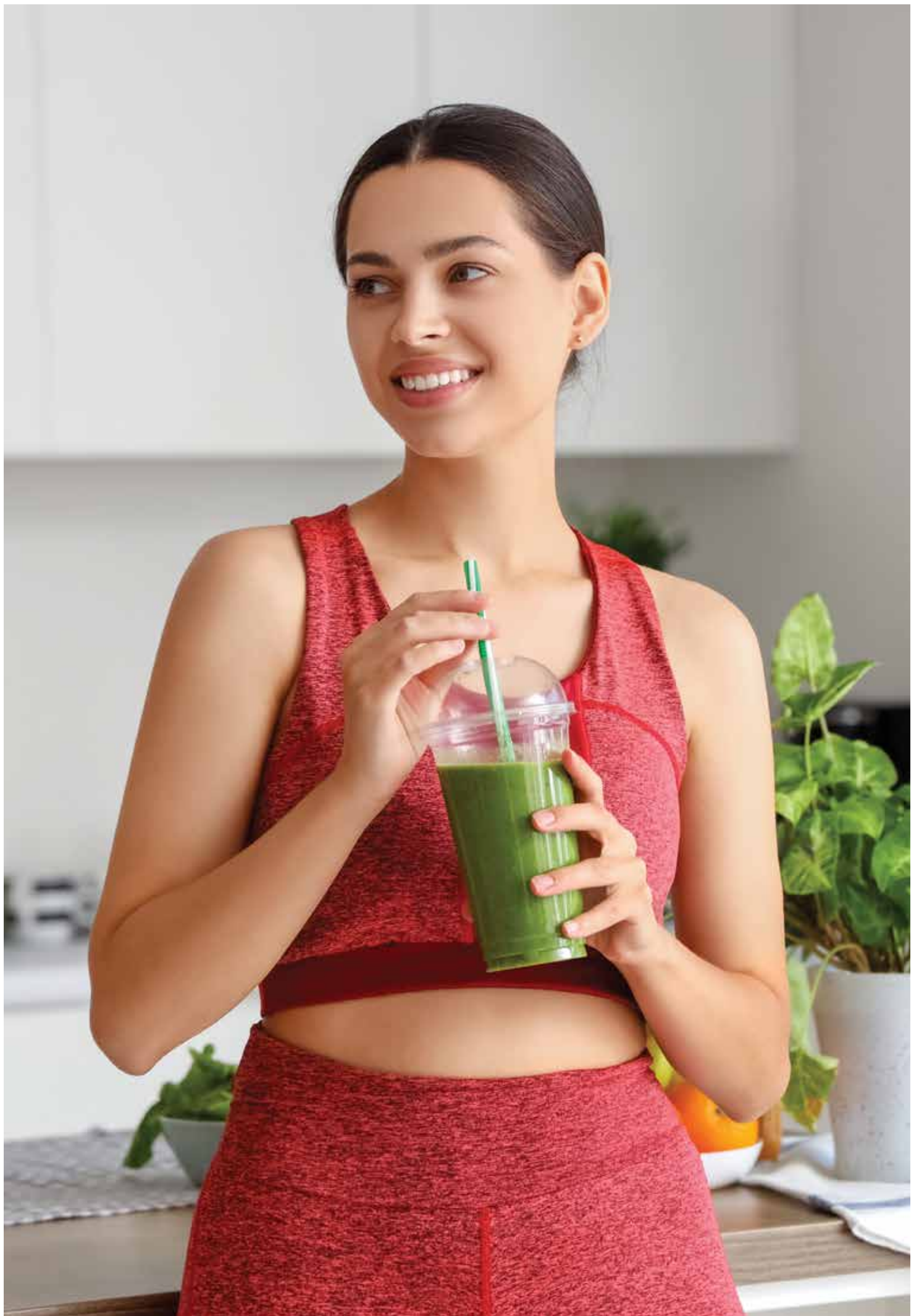
Body Assessment Special Offer

Mermaid Beach Radiology are offering retreat attendees a 'Executive Whole Body Assessment' with a discount 25%*.

*Please contact Mermaid Beach Radiology for details.

The optional whole body MRI assessment will give you and your team the ultimate health information to establish a baseline and review progress. This includes chest and lung assessments, bone density assessment, retina ultrasound, thyroid ultrasound, carotid doppler and prostate/breast MRI.





A program for re-programming

Package includes

Educational sessions

One-on-One sessions

Yoga and movement classes

Cooking classes

Meditation sessions

With only 20 guests and medical and lifestyle professionals, the LifeScript Retreat is a uniquely private experience from dawn to evening over six full days.

Using data from your Pre-Retreat Health Check, we tailor your program to address your needs. Learn from our professional educators, receive one-on-one sessions with experts in medicine, psychiatry, nutrition, movement and emotional wellbeing. All focused on you.

Learn how to cook for your body needs and understand how meditation and yoga can help reset balance again.

A copy of our full six day program is available on request.

Example schedule

6.00am	Wake up time
6:30am	Elective Yoga
7:45am	Breakfast
9.00am	Educational Lectures
10:30am	Cooking Class
11:30am	One on One or Group Sessions
1.00pm	Lunch
2:30pm	One on One or Group Sessions
6:45pm	Dinner / Music entertainment
8.00pm	Meditation and wind down





Food as medicine

Package includes

All meals provided

Dietician planned

Executive chef prepared

Cooking classes

Nutrition education sessions

A core part of health is food. During your four day retreat, all meals will be provided under Dr Sonu's LifeScript Foodline. Scientifically developed meals with low salt, low sugar and low fat, based on the LifeScript ethos.

Enjoy healing meals prepared by a highly trained chef under the guidance of our physicians and dietitians. Be inspired by what you learn at our cooking classes and empower yourself to feed your body in the way it deserves. Learn how to cook, shop at the supermarket, read food labels and eat out at restaurants without hurting your body.

A copy of our full four day menu is available on request.



Example menu

Breakfast	Oats with Berries & Scrambled Tofu and wholemeal toast Quinoa porridge and mushroom avocado toast
Lunch	Wholemeal pasta with roasted mushroom and spinach, and sweet potato and beans stew Chickpea chole and brown rice and tabooli salad and wholemeal naan and spiced carrot and white bean dip
Dinner	Bok choy mushroom and ginger stir fry Bean and butternut squash enchiladas



Medical and lifestyle professionals. 6 days of intense personal health focus.



Dr. Sonu Haikerwal

General Practitioner, Founder and owner of Haan Health clinics, Founder of Kiran Wellness, University Lecturer

Sonu has been a GP for over 20 years across three continents, bringing healing to thousands of people and teaching medical students. She has also been on Hospital Foundation boards, been president of medical associations, and is a regular guest on media shows and medical conferences.



Dr. Asha Sadasivan, Psychiatrist

Clinical Psychiatrist, Former Assistant Professor at Bond University.

With over 20 years of clinical experience, Asha specialises in general adult psychiatry and in management of treatment resistant mood disorders, anxiety disorders and substance use related disorders.



Dr. Peter Johnston, Dietitian

Accredited Practising Dietitian, Lifestyle Medicine Practitioner, Owner of Perfect Human Food

Peter has a Masters in Nutrition and Dietetics and a PhD in Human Genetics. He has extensive experience in nutrition, weight loss, chronic diseases, gut health, autoimmune disorders, skin disorders and sleep apnoea.



Dr. Zane Sherif, Radiologist

Founding Radiologist at Mermaid Beach Radiology

Dr Sherif runs a Medical Imaging Practice on the Gold Coast offering Australia's first 3T Quantitative MRI & Spectral CT in private practice. These revolutionary technologies facilitate the early detection of disease with ultra low radiation dose and in the case of MRI, no radiation at all.



Julia Grueskin, Chef

Julia is a certified vegan chef (trained at the Natural Epicurean Academy of Culinary Arts). Her culinary training focuses on raw foods, macrobiotics and Ayurveda. She holds a certificate in whole food plant-based nutrition. Julia offers a variety of vegan and wholefood plant-based cooking classes, and works as a vegan private chef for individuals, families and small groups, preparing healthy weekly meals and high end dinner parties from the comfort of the clients' own homes in Melbourne.



Larisa Freiverts, Trauma & Family Therapist

Family therapist/counsellor/EMDR therapy (MAClinFamTher; BSc)

Mental health specialist, Larisa Freiverts, focuses on attachment, family relationships and interpersonal functioning to set clear goals towards better health and well-being. emotional balance, thinking, bodily functioning and communication patterns with others.



Mr Rathore, Executive Chef

Mr Rathore is a professional chef who specialises in menu development with almost 30 years cooking experience in five star hotels and restaurants across India and Australia. His passion is creating vibrant, delicious and nourishing food by using plant based and wholemeal ingredients.



Mollie Cox, Yoga and Massage Therapist

Trauma Informed Yoga & Meditation Teacher, Owner and Founder of Jala Yoga

Mollie works with a team of 10 Allied Health practitioners at Jala Yoga to provide physiological and therapeutic treatments to clients with complex physical and mental health conditions collaboratively with their healthcare teams. Jala Yoga is also an internationally accredited Yoga Teacher Training school



Matt Hansford, Exercise Physiologist

Accredited Exercise Physiologist/Lecturer at Griffith University & Owner at Empowered Physiology

Experienced Exercise Physiologist providing exercise as a treatment modality for chronic disease and pain. He believes in a holistic approach to healthcare through four defining pillars: Fitness, Nutrition, Sleep and Mental Health.



Susie Tagarro, Yoga and Hypnosis Teacher

Empowerment Mentor, Coach, Keynote Speaker, Owner of Sacred With Susie

Susie helps women liberate themselves from their minds through embodiment, emotional intelligence, energy, and intuition, so they can become fully expressed and experience the bliss and ecstasy of being their Authentic Selves.



Jesse Firebrand

Musician, Performance Artist, Speaker, Harmonist

Jesse utilises his lifelong passion and training in yoga and music, hosting workshops and performances that aim to awaken our primal nature via intuitive, yet intentional movement and vocalising, in order to restore natural harmony within ourselves.

Optional 12 weeks Post-Retreat Follow-Up Program

Includes

One on one session follow up (virtual or in person options) with medical professional providers

MRI Body Scan

Blood Test

Body Assessment Special Offer

Mermaid Beach Radiology are offering retreat attendees a 'Executive Whole Body Assessment' with a discount 25%*.

*Please contact Mermaid Beach Radiology for details.

Extend the power of your 6 days health reset by electing our optional 12-week follow-up program (virtual or face-to-face). This extension program ensures you stay on track, in the right headspace and maintain your healthy routine lifestyle and nutrition plan. This program allows you to have an individual appointment with our selected medical professional providers. The program can also include a blood test and a full-body MRI scan. The cost of this optional program varied based on individual needs. Please contact us for details.

LIFESCRIPT KIRAN WELLNESS RETREAT 6 DAY HEALTH RESET

AUD \$6,800 TWIN SHARE
AUD \$8,000 SINGLE ROOM
PER PERSON ALL INCLUSIVE

Strictly limited to 20 guests only.

To book contact:

kiranwellness2024@gmail.com

Call 0422 440 918

VENUE

GyMEA Eco Retreat and Spa,
128 Bonnydoon Rd, Uki,
NSW, 2484, Australia

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REGISTRATION

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Scan the QR code for booking and more information

