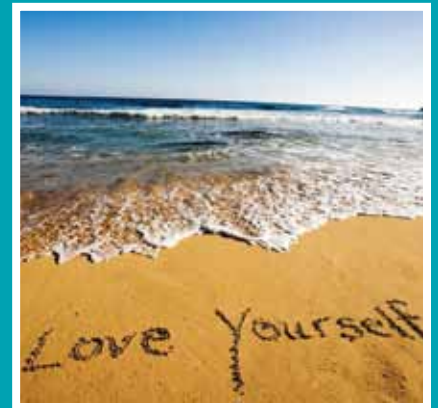


Osmosis

HEALTH & DAY SPA

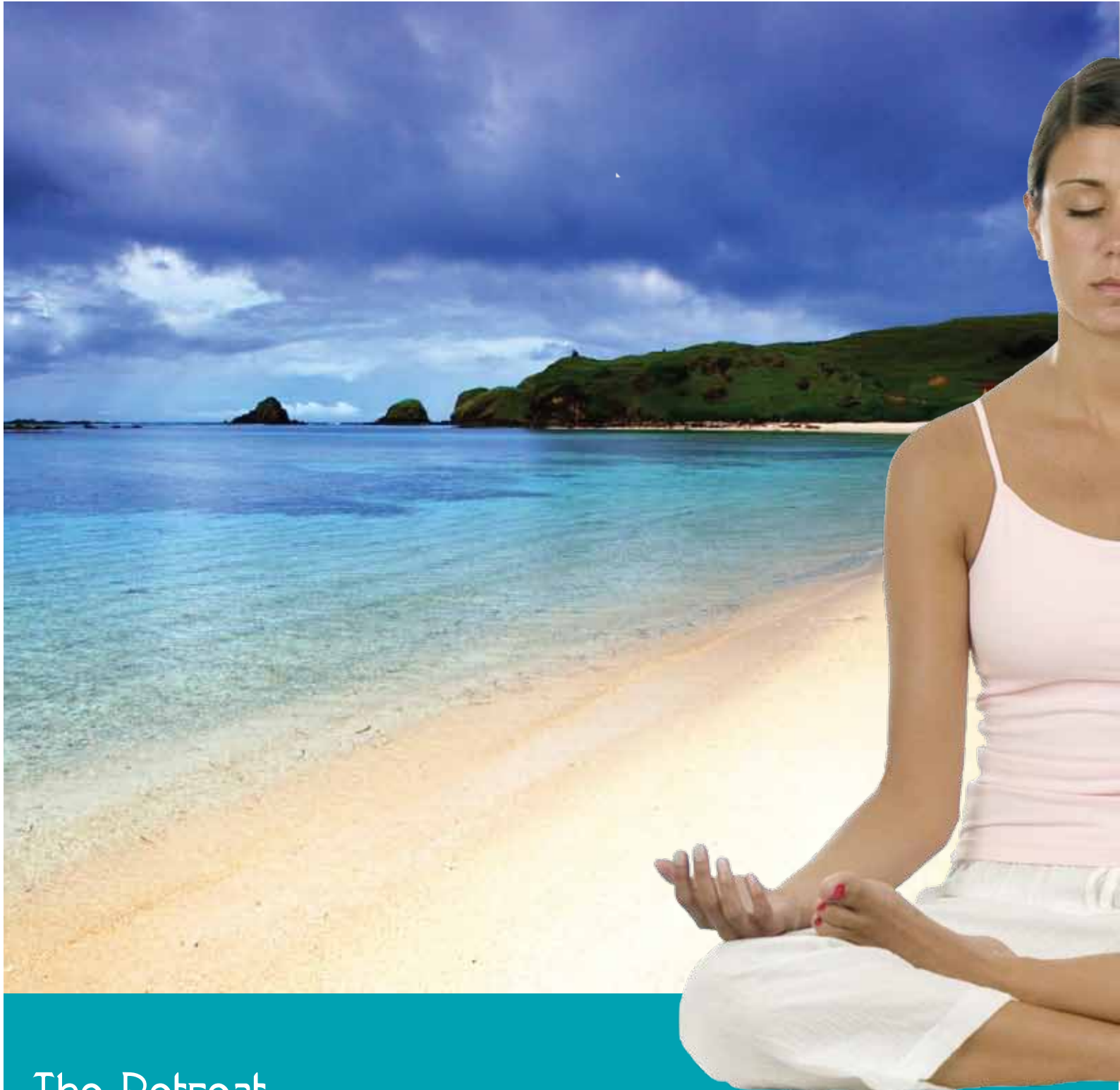
Luxury Wellness Spa Retreat

... a new way of life and being



Bali, Indonesia

17th January to 24th January 2012



The Retreat

Hidden away in Bali, on a peaceful beach in Canggu, our luxurious five star private villa provides the perfect environment to embark on a journey of health and purification.

The Ozmosis Luxury Wellness Spa Retreat program of Detoxification and Purification incorporates the ancient healing arts of the East. The program is completely natural and non-invasive to the body.

We are delighted that you are considering positive changes to your health and lifestyle and we are here to guide you through the process of selecting a suitable program to help you achieve your goal.

One-to-one & Group Programs

With one-to-one attention from our personal wellness coaches, you can enjoy a luxurious exclusive retreat that offers unparalleled personalised detox and rejuvenation programs.

Your program will include the following components in addition to the master plan, adjusted to suit your personal goals:-

1. Lifestyle evaluation

You will fill in a questionnaire that will help determine and establish your personalised master plan. Your master plan includes the type of healing & coaching goals and spa treatments that you may choose.

2. Vibrant rejuvenating detox diet

This prana (life force) balanced, fresh & invigorating diet encompasses various healing tropical herbs, spices, vegetables, fruit and occasionally the catch of the day (fish). A 'power juice' will be prepared for you every morning. It provides all the nutrients your body needs for the day and helps eliminate toxic build-up in your body.

3. Life ontological coaching sessions

As a sports coach guides and supports an aspirant towards his or her physical goal, a personal coach acts as a neutral observer to assist the client to become more mindful of their reactions, emotions and behaviour. Having the ability to be conscious of ones emotional, mental and behavioural patterns, then to choose new outcomes and to practice new behaviours is the purpose of these sessions.

4. Yoga

5. Pranayama

6. Meditation

7. Interpersonal Workshops



8. Pranic healing

Pranic healing is a non-touch, no-drug energy therapy that raises the vibrational frequency of the body, removes energy blockages, adjusts the energy flow of the endocrine system, assists the body to cleanse itself from toxins, aids the body to release stress and tension, and provides the additional energy required to recover from illness.

Pranic healing is not only for individuals with disease. It helps vitalise a healthy body, achieve a relaxed and stress-free state and supports individual spiritual growth and emotional clearing. Pranic healing is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it yields wonderful results.

9. Spa treatment program

The term Spa is derived from the Latin acronym "Sanitas Per Aquam" meaning "health through water" which supports the overall healing of the mind, body and soul.

Our Spa treatments have been selected to eliminate toxins from the body, nourish the skin and restore your energy balance.

Through massage therapy, scrubs, steam & salt baths, stress will be relieved and blood circulation will improve which will promote a relaxed state of mind, create a feeling of well-being allowing you to become aware of the mind-body connection.

We all need pampering to perfect the balance of body, mind and spirit.

A HEALTHY WAY OF LIFE.



The Facilitators



Sylvie Hyde

The Malaysian lifestyle inspired Sylvie Hyde's passion for spas and health, which lead her to open her own spa in Bangsar called Ozmosis. Having attended a number of successful retreats, Sylvie decided to organise one herself, in the hope of helping others achieve this new way of life. "It changed me. I now have a better diet, a daily routine of yoga, pranayama and meditation, a better approach to all the daily problems we face and a more positive attitude towards people and my surroundings."

Lina Sutton

Lina Naamali Sutton is the founder and owner of Shambala Healing Solutions in Petaling Jaya, Malaysia. Lina has been a certified pranic healer for the last 10 years and is a licensed basic pranic healing instructor. She has been featured in a variety of health and wellbeing programs shown on national TV and published in leading Malaysian health magazines and conducts various wellness and wellbeing workshops.



Prema Govindasamy

Prema, began her journey in yoga and pranayama at a very tender age. She taught yoga to children and adults while posted in Nigeria and Holland. Currently, she is one of Malaysia's sought after certified Yoga instructors who conducts private lessons, group classes, classes for NGOs and corporate organizations. 'Yoga, the path which cultures the body in senses, refines the mind, civilize the intelligence and takes rest in the soul which is the core of our being' - BKS Iyengar

Mel Anselm

Mel Anselm has spent 21 years in the service industry. Having gained experiences in various roles, including managing the PR & Marketing department for Gastrodome - a company that manages several renown restaurants in KL - and most recently as Spa Manager for Ozmosis Health & Day Spa, Mel is known for her communication skills and her ability in planning and executing events. She was also founding member & Vice President (2009 - 2011) of the Association of Malaysian Spas (AMSPA).





The tropical spa experience

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