



One-day  
intensive retreat:  
an opportunity  
to change

One-to-one work is a much longer session in a place of retreat which allows time for change on a deeper level. A retreat is the perfect place to react to a call from your body, to a symptom, to an observation or to a diagnosis. It is the perfect place and time to integrate and process all of these. It will be designed specifically for you. You will be given strong support and stimulation for energy and insight, together with a quiet environment, a comfortable space and gentle care.

To decide whether you are ready for change,  
consider these questions:

What does health mean to you?

How will you know when you are healthy?

What do you wish to do in this life?

The process of change is continuous, but through conscious choice and inquiry, we can begin to harness the power of change to embrace our lives more fully whatever our circumstances.

Each person has a unique destiny, a unique plan for this life, and this body. I draw from the deep and vast resources of Chinese medicine and Buddhist meditation to offer treatments, prescriptions, and lifestyle applications created just for you. They will allow your innermost purpose and finest aspirations to come through no matter what life has brought you.



# The best medicine is always the medicine you choose yourself.



Through frank and open exploration of all that you are and all your healthcare options, your choices will be driven by connection, intuition and insight, rather than fear, doubt or anxiety. Even in the face of a complicated or disturbing diagnosis, personal medicine is possible. The best medicine is always the medicine you choose yourself.

For one day, you can allow yourself to come to a full stop, put aside the everyday cares and responsibilities of your world, and instead focus on your next steps, questions and choices as regards your health and life. Supported by in-depth evaluation and conversation, treatments, meals, movement, and lifestyle innovations, each retreat is designed to meet you exactly where you are at this unique and particular moment in your life.

In this one day, you can immerse yourself completely in the retreat environment. You will be given treatment, a meal and an afternoon workshop designed especially for you. Like a quick shower, or a dip in a mountain stream, a day retreat can refresh your body and mind and prepare you to meet whatever comes next with confidence and clarity.





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