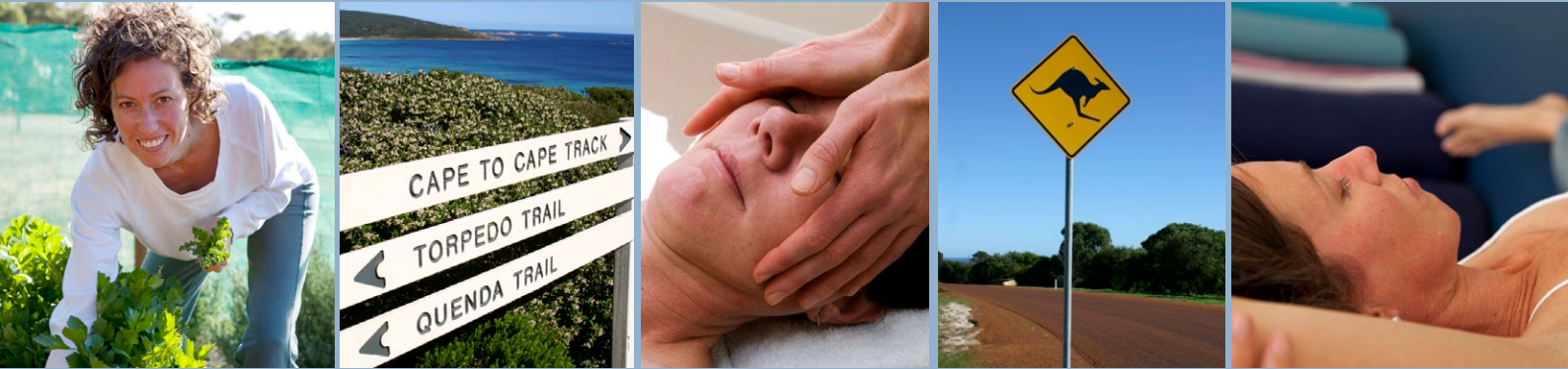


Living Synergy

Immersion Lifestyle Retreats



retreats • raw food • massage • meditation • yoga



juices • smoothies • beaches • nature • find your flow



Dunsborough • South Western Australia



MEDIA RELEASE

Immersion lifestyle retreats

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find your flow • Dunsborough • South Western Australia

Living Synergy retreats are all about YOU. They are unique, small and intimate immersion lifestyle retreats where founder Jen Keenan walks alongside you to allow your natural synergy to surface and flow.

Living Synergy retreats help you discover how living plant-based foods, massage, meditation, yoga and the force of life itself work together to renew and enhance your quality of life.

Following on from the success of the ***Dip Your Toe In*** introductory retreat weekends, Living Synergy would like to **introduce the new**

Dive a Little Deeper cleansing retreat packages

1. Choose how long you stay (min 3 nights)
2. Choose your depth of cleanse ...
 - **LIQUID** - just juices with a focus on green
 - **SMOOTHIE** - any combination of juices / smoothies / blended salads
 - **CHEWY** - any combination of juices / smoothies / blended salads / fruit / salads with the option to get a raw or cooked vegetarian meal from the local organic cafe once per day
3. Come on your own or bring some friends/family

These retreats are perfect if you are looking for a healthy, inspiring and rejuvenating get away. An opportunity to *Dive a Little Deeper* and take your well-being to a new level.

For those who have previously enjoyed the Living Synergy *Dip Your Toe In* introductory retreat weekend, or are already familiar with this lifestyle, these retreats are a time to put it all into practice. A time to unwind, chill-out, and give your digestive system an opportunity to cleanse and restore balance. Massages, meditation, yoga, walking and enjoying the stunning local beaches complete the picture.

Jen will guide and support you along the way. A large library of DVDs and books are on hand, as well as a host of kitchen appliances and handy gadgets to explore.

These retreats are tailored so each individual can dance to their own tune and get the personal attention they require, with plenty of time and space to just be.

Living Synergy

RETREATS



ABOUT JEN – for full details visit <http://www.livingsynergy.com.au/about/>

After getting her pilot's licence and flying around Australia at the age of 19, she became unwell and was diagnosed with Chronic Fatigue Syndrome. Life took another turn and her keen interest in the nature of life and health really began. Jen's path of learning has been forged by experience rather than formal education. She works intuitively to guide and support her guests. The true benefits of her work come more from a process of unlearning, deconditioning and letting go. This allows people to open into their authentic selves.

RETREAT DETAILS – for full details visit <http://www.livingsynergy.com.au/retreats/>

The Retreat Centre is located in the magnificent South West of Western Australia, just outside Dunsborough, in the heart of natural, peaceful beauty, a short distance from a choice of pristine beaches. On-site organic vege garden and rain water tank.

RETREAT OPTIONS - available dates <http://www.livingsynergy.com.au/services/calendar>

Dive a Little Deeper cleansing retreats

Choose your dates from those available on the online calendar link above

\$330 per night

min stay 3 nights (or extend on from a *Dip Your Toe In* introductory weekend)

Dip Your Toe In introductory retreat weekends

Friday 3pm – Sunday 4pm

From \$725 - \$895

Held once or twice per month. See the online calendar link above for available dates.

Earlybird and group discounts available until 31st March 2013. Gift vouchers also available.

For info on how to get to Dunsborough <http://www.livingsynergy.com.au/contact/where>

CONTACT DETAILS

Jenny Keenan 0418 935 226

jenny@livingsynergy.com.au

MORE

For media information, interviews and high-res images, contact Jenny Keenan or visit the Living Synergy media page at <http://www.livingsynergy.com.au/contact/media>

Living Synergy also manufactures Nut Milk Bags which are available at selected organic, health food and kitchen stores around Australia. For more info including video demos visit <http://www.nutmilkbags.com.au>

For further info, inspiration, a resoures hub, Jenny's online shop and to receive her complimentary monthly Find Your Flow Ezine, visit <http://www.livingsynergy.com.au>