

## Embracing Health Detox, Healing & Raw Food Retreat *Byron Bay, NSW*

### **Getting There:**

The Embracing Health Retreats are being held at:

Tallows Beach Houses  
2 Alcorn Street  
Suffolk Park NSW 2481  
02 6685-4533

### **Flying:**

The closest airport is Ballina Airport, which is about 30 minutes from Byron Bay, and the nearest major airport is Coolangatta Gold Coast Airport which is a 45 minute drive. There are direct flights daily between Sydney & Ballina and three times per week from Melbourne. Coolangatta has a much more extensive range of flight services.

### **Shuttle Bus:**

The easiest way to get to Tallows Beach Houses from either Airport is via Byron Bay Shuttle Buses. They have regularly scheduled services that can drop you at the door of Tallows for between \$30-\$40. Bookings can be made at: [www.byronbayshuttle.com.au](http://www.byronbayshuttle.com.au)

### **Driving:**

#### **From Coolangatta Airport**

Tallows Beach Houses is located at Byron Bay on the North Coast of NSW, about 45 minutes' drive south from Coolangatta Gold Coast Airport.

- Follow the Pacific Highway South and take the Byron Bay Exit onto Ewingsdale Road (57km)
- Follow Ewingsdale Road into Byron Bay across the railway tracks (3.8km).
- Take the second right into Jonson Street.
- Turn left at Browning street.
- At the roundabout take the 3<sup>rd</sup> exit into Bangalow Road which changes into Broken Head Road (4.5km)
- Turn left into Clifford Street
- Take the 3<sup>rd</sup> left into Alcorn Avenue
- Tallows Beach Houses is at the very end of the street
- **Use code 1780# to enter the gates**

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### From Ballina Airport

Tallows Beach Houses is located at Byron Bay on the North Coast of NSW, about 30 minutes' drive north from Ballina Airport.

- Follow the Pacific Highway north and turn right into Broken Head Road (18.5km)
- Follow Broken Head Road for 9.5km
- Turn right into Clifford Street
- Take the 3<sup>rd</sup> left into Alcorn Avenue
- Tallows Beach Houses is at the very end of the street
- **Use code 1780# to enter the gates**

### Check-in / Check-out:

Check-in is from 2pm NSW time, and our first group get-together will be at 5.30pm, so arrival prior to this time is imperative so that you don't miss the essential introduction to the week's events. Please allow enough time to get from the airport to the resort with a buffer zone for unexpected delays. If the only flight available from your area puts your arrival time at Tallows Beach Houses after 5.00pm on the start date, it is recommended that you fly in a day early and stay an extra night so that you are able to commence the retreat on time.

**Please note:** Both the opening introduction, and the closing of the retreat are two of the most important parts of the retreat experience and attendance at both is required. There is no option to join the retreat after it has started, or to leave the retreat early unless it is an emergency situation.

Check-out is at 9.30am on the final morning of the retreat, and we will be finished our breakfast and closing by this time. Return Shuttle Buses can be organised to pick you up at the door.

### Accommodation:

Couples are staying in one of the three private ensuite rooms, and Tallows main accommodation is in funky two bedroom cottages, where everyone will enjoy their own private bedroom with shared living areas and bathroom. Arbour Cottage is a newly renovated and expanded two-bedroom, two-bathroom upgrade and Taylor's Beach House may also be available for single upgrades at selected retreats.

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### Extra Bookings:

#### Colon Hydrotherapy:

Colonic hydrotherapy is optional during the six night retreats and one colonic session is included as a part of the eight night retreat package. If you would to book extra colonics during the detox, treatments are at a rate of \$120.00 per session. All bookings and payments for colonics are organised through Leisa, so please advise by email as soon as you can, if you would like to book extra sessions.

#### Massage:

One (or two) massages are included as a part of your retreat experience, but if you would like extra massage treatments during your stay they will be at a cost of \$120.00 per hour.

We have Paulie Harrold and Samantha Trueman, two very talented healers, on staff for the retreats, and they will be treating everyone to Hawaiian Ka'Huna Massage therapy. They are also available to do a limited number of extra massages of various styles during the week, as listed below.

- **Ka'Huna** - the King of massages - based in the Hawaii'an temple style tradition, a flowing dance of full body-long strokes that work with the breath and energy of the client for a thoroughly relaxing and relieving experience. Utilising only organic coconut oil, these sessions can be tailored to work with the needs of your body and spirit.
- **Bone and Joint massage** - great for deep relaxation, old injuries, blood regeneration.
- **Ch'i net Tsiang and Deep Stomach massage**- superb for deep emotional and physical release- an extremely effective cleansing massage that complements a strong raw food-based cleanse (best during the juice fasting).
- **Arvigo Mayan Massage** – The Techniques of Maya Abdominal Therapy™ and Spiritual Healing are inspired by traditional Maya healing techniques. The Arvigo™ techniques work to restore the body to its natural balance by correcting the position of organs that have shifted and restrict the flow of blood, lymph, nerve & chi energy.

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### Naturopathy:

The Embracing Health Team will be with you during the whole retreat and there will be ample opportunity in both the lectures, free time, and during the meals for us to answer all of your questions and for our naturopathic team to have input and discussions with you on all sorts of health issues (and anything else that comes up!).

I have found that for most people this interaction, and the education they receive during the week is all they need – but at times someone may genuinely require a more in-depth and private consultation to discuss a more serious health matter.

I will be available during the retreat for limited numbers of one hour private consultations which can be arranged at an extra cost of \$120.

### What to bring:

- Swimwear
- Hat
- Non-toxic sunscreen
- Insect repellent
- Torch
- Umbrella
- Ear plugs
- An alarm clock
- Beach towel
- Comfortable clothes suitable for Yoga
- A Yoga mat if you have one
- Sneakers for walking (although we prefer barefoot on the beach!)
- Warm clothes for cool nights and mornings
- Something nice to wear for our last night celebration dinner
- Books or magazines for reading on the beach
- Hairdryer and non-toxic personal care products
- Necessary medication
- A fun attitude



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### What NOT to bring:

- Any food or snacks
- Tea or coffee (herbal teas will be provided)
- Cigarettes
- Alcohol
- Supplements; unless prescribed for a specific condition
- Perfume or personal care products with a strong scent – as a courtesy as some people are allergic or sensitive to any scented products
- Video cameras or recording devices – we request that no recordings of the event on video or tape are made. Camera's for still photographs are fine, and there will be comprehensive notes given at each lecture, so you won't miss anything!
- Workbooks, pens and paper will be provided

I look forward to a great retreat with you!

*Leisa*

Healing is a journey, not just a <sup>raw food</sup> diet.

