



**LOVING LIFE
VITALITY RETREAT
(6 NIGHTS)**

An immersive journey to connect with your soul, activate your spiritual connection, and unlock your next level of creation

- ▶ You were born a **magnificent expression** of **pure energy**; you are meant to **shine** as your **best**, live life to the full, enjoy great experiences, and know **love, joy** and **fulfilment!**
- ▶ Shifting to living on the path of 'who you really are' changes **EVERYTHING** allowing you to be able to manifest your best life, cope with challenges confidently, and feel good about **YOU** first and foremost, so that you live well and have more joy than you ever thought possible.
- ▶ From your profound new knowledge and understanding, along with the deep shifts you make, you'll **regain** your power to naturally feel good enough, worthy, deserving, loving, lovable, supported by the universe and free; able to **trust your talents** and **abilities**, create wholesome **relationships** - with yourself, others and with your own life - and create all that you want to **be, feel, do, and have.**

A JOURNEY OF CHANGE

- ▶ Combining mindfulness with nature and creativity amplifies each of their benefits.
- ▶ These activities nurture the core of our wellbeing, helping us create a beautiful life, and transforming our world in simple ways.

K E R R Y D E L L

A NATURE RETREAT WITHOUT DISTRACTION:

TAKE TIME FOR SELF -EXPLORATION

- ▶ Our wilderness retreat offers you the opportunity to relax, enjoy the peace and tranquillity of the surroundings whilst investing in your own personal journey

DEVELOPMENT

- ▶ Nature has an incredible energy that can provoke questions, give new insights or even trigger real change. Find out for yourself what nature has to offer for yourself - discovery!

We offer a retreat where you will be given the tools to cultivate a new approach to wellbeing.

- ▶ This immersive and deeply nurturing retreat will transform your wellness forever.
- ▶ We will nurture and guide you through the self-development programme and provide you with the space to connect with yourself and others.
- ▶ You will be introduced to the cornerstones of wellness and be given tools to cultivate balance, fulfilment, healing and purpose in all aspects of your life.

K E R R Y D E L L

Allow yourself to rest and reconnect with Nature, yourself and others.

- ▶ The retreat will be **gently guided, supported** and **held**, offering you an invitation to intuitively explore the landscape, both **within** and **without**.
- ▶ An **in person 6-night immersion** to connect to your **soul path**, your **truth** and activate your **spiritual connection** as you tap into the energy of land, of your spirit and your next level creation.

EVENT DETAILS:

DATE:

5th to 11th February 2024

WHERE:

PAROHE ISLAND, NEW ZEALAND

>>BOOK A CALL!<<

BOOK A CALL WITH KERRY TO DISCUSS
YOUR OPTIONS AND RESERVE YOUR PLACE

>>REGISTER HERE!<<

SECURE YOUR SPOT AND EXPERIENCE
THE ULTIMATE RETREAT FOR YOU!

K E R R Y D E L L

Breakdown of the 6 days:

DAY #1: MINDFUL MOVEMENT & BREATHING

MINDFULNESS HELPS US TO TAKE A BREATH AND MAKE MORE CONSCIOUS DECISIONS THAT IMPROVE OUR LIVES. IT CREATES A SPACE TO LIVE A LIFE BASED ON CHOICES MADE FROM THE HEART THAT LINE UP WITH OUR CORE VALUES. STEP OUT OF AUTOPILOT AND BRING AWARENESS TO WHAT YOU ARE DOING, THINKING AND SENSING CONSISTENTLY.

DAY #2: BODY SCAN

YOUR BODY IS ENERGY, IT IS ALIVE WITH SENSATIONS. BECOME FAMILIAR WITH THEM. YOU WILL LEARN TECHNIQUES TO EXPERIENCE YOUR OWN BODY SCAN TO USE AT HOME AFTER THE RETREAT.

DAY #3 NATURAL THERAPIST

USING YOUR SENSES, YOU WILL EXPERIENCE BEING DRAWN INTO NATURE'S THERAPY, WHERE YOU CAN FIND YOUR PEACE AND GROW YOUR HEALTH. YOU WILL DEVELOP A DEEPER AWARENESS & PRESENCE WITHIN ALL YOUR SENSES.

K E R R Y D E L L

Breakdown of the 6 days: (Cont.)

DAY #4 BE, DO, HAVE

IDENTIFY WHO YOU REALLY ARE. YOU WILL LEARN AN AUTHENTIC WAY TO LIVE YOUR LIFE AND GAIN PERSPECTIVE ON THE VALUE OF YOUR LIFE AND BECOMING THE BEST VERSION OF YOURSELF.

DAY #5 TIME FOR SILENCE

EXPERIENCE DEEP ACCEPTANCE AND GRATITUDE FOR YOURSELF. THIS IS A TIME OF DEEP HEALING, AWARENESS, FORGIVENESS AND TRUTH. BECOME YOUR MOST POWERFUL ALLY. BECOME CONNECTED TO SOMETHING LARGER THAN YOURSELF.

DAY #6 TECHNIQUES AND TOOLS TO LIVE YOUR BEST LIFE

LEARN, EXPERIENCE AND PLAN HOW TO ACTION TECHNIQUES AND TOOLS THAT ENHANCE YOUR LIFE AND PREPARE YOU TO IMPLEMENT INTO YOUR DAILY ROUTINES.

INVESTMENT: \$11,111

**CLAIM YOUR \$2,222
SCHOLARSHIP TODAY!**

KD



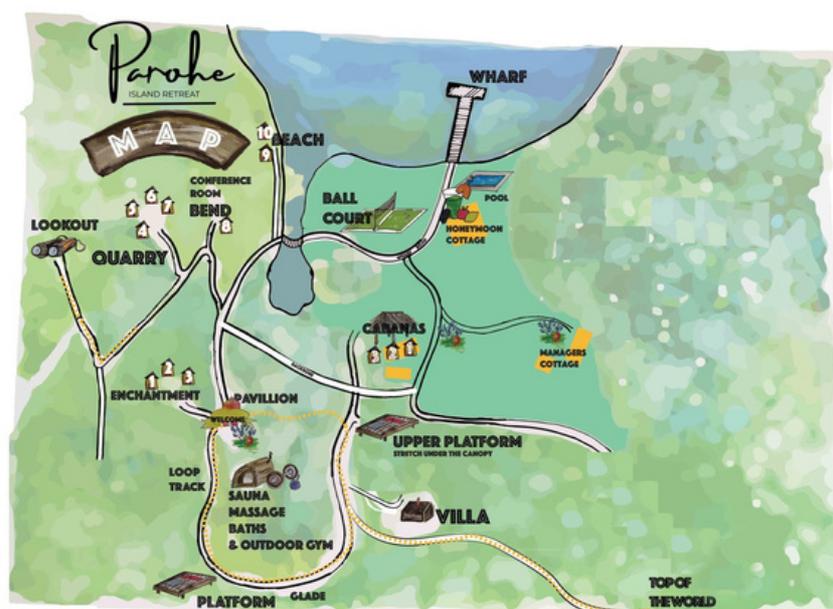
WHAT IT INCLUDES?

- Full board / accommodation / Water Taxi to Island / All meals
- Processes, Activations, Experiences to deeply connect with your **SOUL** and **SOURCE**
- **VIP PRICE OF \$11,111** includes:
 - **Seaplane** from **Auckland** to **Island**
 - **Rife treatments** every evening!

ACCOMMODATION

"Parohe Island Retreat, Kawau Island"

5-Star Wellness Retreat



The Parohe Map

The Big Eye Villa

~ Divine Comfort ~

- Sitting on top of its own sheltered microclimate atop a hill, with all-day sun and a mesmerising view of the harbour, and surrounding bush-clad hills.



Cabanas

~ Perfect Simplicity ~

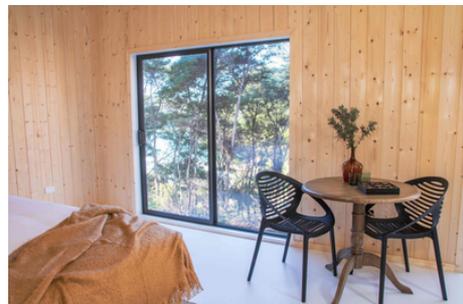
- The rustic favourite with an open planned kitchen, lounge and deck. Cabanas are a flat 5 minute walk to Enchantment via the boardwalk and glade path.



Cabins

~ Barefoot Luxury ~

- The Cabins blend seamlessly into the landscape, connecting you with nature. Each room has it's own private bathroom, with an indoor/outdoor, private garden, either bush or harbor views.



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