



N & N HEALTH ESCAPES AND RETREATS

Nourish and Navigate



Discover Health & Wellness at Sea, sailing in the Whitsundays: *Functional Medicine Health and Wellness Retreat*

Escape to the pristine Whitsundays on a luxurious 44-footer Catamaran from **June 16th to 20th, 2024**, for an unforgettable holiday to strengthen, de-stress and restore your health with professional expertise, coaching and treatments!

Experience

- **Personalised Therapies:** Tailored sessions with a dedicated Functional Medicine Doctor and highly qualified therapist.
- **Private Chef:** Indulge in gourmet meals prepared by your private chef, catering to your dietary needs.
- **Experienced Sailing Guide:** Navigate the azure waters with a seasoned skipper ensuring a smooth and safe journey.

Activities

- **Swim:** Dive into the crystal-clear waters for a refreshing swim.
- **Snorkel:** Explore vibrant coral reefs and marine life beneath the surface.
- **Paddle Board:** Glide along the tranquil seas, embracing the beauty of nature.

Meet the Team



Dr. Ulla Gerich-McGregor provides personalised assessments, nutrition consulting, and lifestyle recommendations through a functional medicine approach.



Therapist Felicity Bennett tailors remedial massages, acupuncture, somatic exercises and sound healing to guests' needs for relaxation and rejuvenation.



Chef Heidi Fisher nourishes guests with thoughtful, nutritious meals catering to dietary preferences.

SPOTS ARE LIMITED, SO BOOK NOW TO SECURE YOUR BERTH ON BOARD.

www.deepinnerhealth.com/nourishnavigatehealthretreats



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Invest in your Health, Invest in your Happiness

- **Accommodation:** 2x person double cabin with private toilet and shower.
- **Couples Retreat:** Limited to 2 couples for an intimate experience.
- **Singles Welcome:** Contact us for a personalised quote.

Investment/ Cost: Early-bird price from AUS \$ 3,995 per person (US \$2,670, Euro 2,500) - book and pay by the 10 March 2024. Medical assessment and all treatments have a value alone of \$3000.


Cost includes: accommodation on catamaran, gourmet meals, mentioned activities, reef fee, functional medicine assessment, treatment plan and post-voyage telehealth follow up. Tailored treatments including remedial massage, acupuncture, somatic exercise, mindfulness, meditation and sound healing.

Why join us?


- **Holistic Wellness:** Immerse yourself in personalised therapies, promoting holistic health.
- **Scenic Serenity:** Sail through the breath-taking Whitsundays, a backdrop for rejuvenation.
- **Rest and Recharge:** A perfect blend of health investment and holiday bliss.

Join a group of like-minded individuals on a journey towards greater well-being, under the guidance of our experienced wellness & health guides. Allow us to help you escape the ordinary and embrace a holistic approach to well-being aboard our Nourish & Navigate Health Escapes & Retreats.

For more information on our retreats, private individual escapes, dates, availability and bookings, head to our website. To secure your spot on our next trip please email us today!

 +61 405 473 558

 info@deepinnerhealth.com

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