

Belmond La Residence Phou Vao  
Luang Prabang, Laos

**THE LIVE LIFE: LOVE  
LIFE: LONG LIFE  
RETREAT**

**WELLNESS THROUGH  
WHOLENESS FOR  
OVER FIFTIES**

with Catherine Bullard 7th - 14th September 2019



# About the Retreat

Often our approach to wellness is narrowly focused on diet or exercise. But to maintain vitality throughout longer lives it's essential to integrate wellness practices in all areas of life. Viewing health through the Conscious Self-Care lens allows you to create a balanced lifestyle that addresses wellness on all levels - emotions, mind and spirit as well as your body.

Building health through a wide range of Wellness Practices is powerful, and it's crucial to wellness through midlife. The Live Life: Love Life: Long Life Wellness Program is powerful and personalised because it addresses aspects of Conscious Self-Care that are frequently overlooked. It includes a whole range of actions essential for sustainable wellness that are not attainable by diet and exercise alone.



The huge myth that surrounds Self-Care is that it's a luxury, done occasionally as a reward. This promotes Self-Care as an indulgence rather than a fundamental part of every daily wellness routine. But Conscious Self-Care isn't a luxury. It is all about grounding and energising as it brings all wellness practices into coherence. Limiting Self-Care misses the fundamental benefit to greater wellness and reduces midlife health as they move on through life.

In its broader context Conscious Self-Care integrates a whole range of different aspects of wellness to ground and energise midlife health and wellness. It includes the day-to-day wellness practices and rituals that keep us grounded even when life gets out of control. These practices form part of a daily routine central to greater wellness and a stronger sense of well-being, and are unique to each individual.

We begin to notice the effects of ageing during our fifties. Whether arising from a major health crisis, reduced mobility, or emotionally, it provides a wake-up call to attend to our health. This age-group is entering their senior years with lower health status than in the past. Although many are determined to stay young and live longer they're not clear about how to achieve this. They can't create Wholistic Wellness because they're unaware that it takes much more than simply watching what they eat and exercising. This program addresses that gap.





# What can I expect from this Retreat?

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If you've wondered whether there was more to wellness than just eating healthy and exercising, this program will give you the answers and fill that gap. Conscious Self-Care addresses all the other things you need to stay healthy and feeling young. It includes how to deal with stress, get better sleep, breathe for long life, why creativity is essential, mindfulness, and much more.

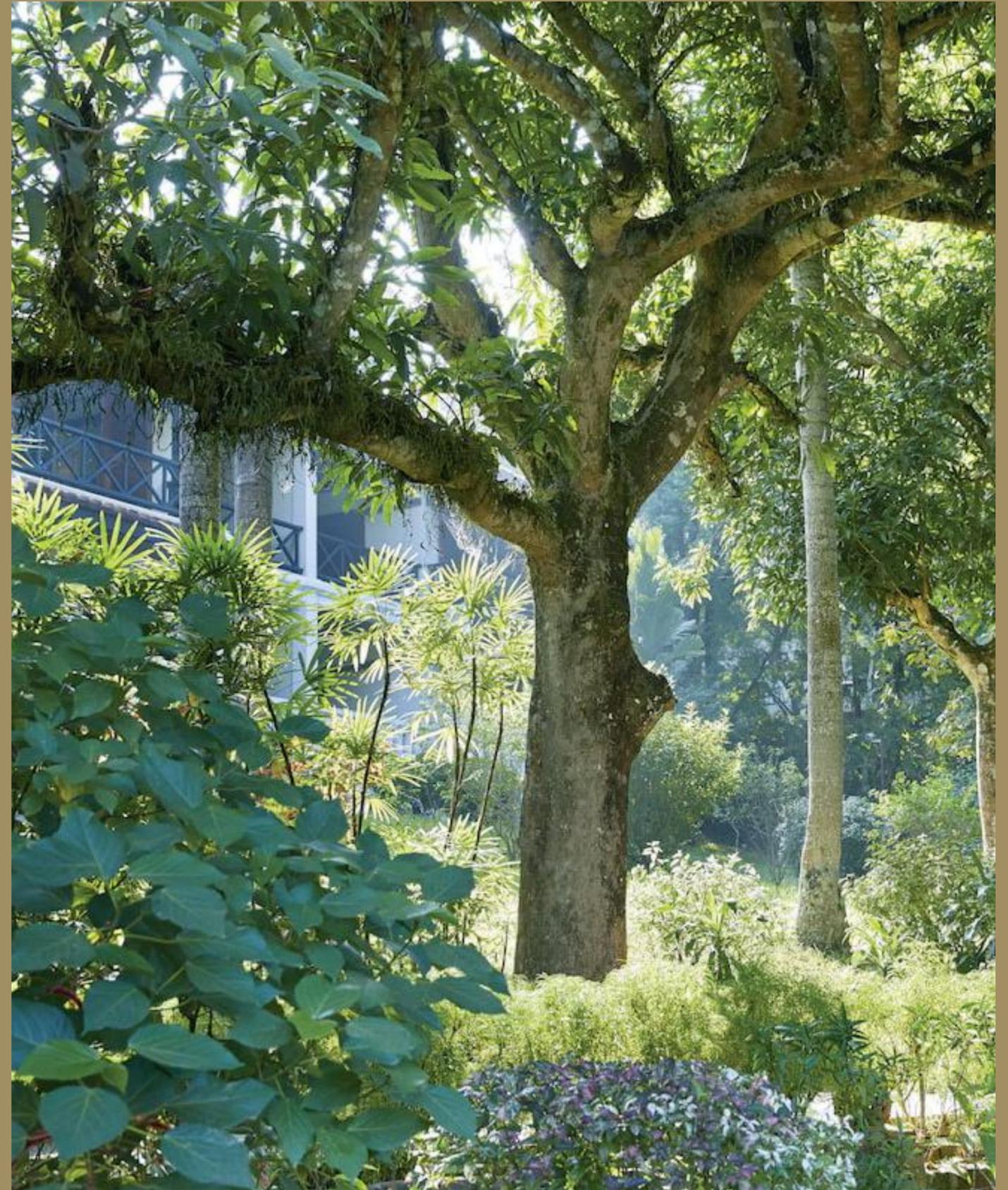
This program assists those over fifty(ish) to identify where they need to change lifestyle practices that are undermining their health. It supports them to create and incorporate a unique Conscious Self-Care plan across all areas of their life, to maintain wellness.

Diet and exercise focus on the physical body. The Live Life: Love Life: Long Life Program focuses on creating balance on all four levels essential for wellbeing – body, emotions, mind, and spirit. By bringing all these areas into balance you'll build Wholistic Wellness through Wholeness.

New challenges arise during midlife that create imbalance in parts of your life. In The Live Life: Love Life: Long Life Program we give you the tools to deal with some of the new health and lifestyle challenges you may be experiencing. We focus on Conscious Self-Care practices to create a healthier lifestyle to support you and leave your heart singing.

You will leave with a new understanding of how to use Conscious Self-Care to create greater wellness in your life. You will feel energised, confident, inspired and empowered.

Supported by The Live Life: Love Life: Long Life Workbook and easy techniques to introduce into your life to keep you feeling young and healthy, you are less likely to return to poor habits and mindsets, and eager to take proactive steps to improve your wellness on all levels.





The Live Life: Love Life: Long Life Retreat addresses:

- Conscious Self-Care and why it needs to be an essential part of any Midlife Wellness Plan
- Practical breath work for better health
- Importance and practicalities of grounding practices
- The pivotal role of sleep in determining your health status
- The role of stress and practical solutions to reduce its impact
- How changing negative beliefs can change health status
- Recent research into the positive impact of meditation/mindfulness on health
- How activating the creative mind and body improves wellness outcomes
- Practical everyday techniques to improve the participant's health moving forward

Catherine will support and guide you to create a unique tool kit of Conscious Self-Care practices and rituals to take back into your life using The Live Life: Love Life: Long Life Blueprint Workbook.

With almost twenty years as a Natural Health Practitioner and Wellness Transformation Coach Catherine is familiar with creating Wellness Plans that address all aspects of the individual's lifestyle. She has trained in many areas of natural health and energetic medicine and integrates simple practices wherever possible within these plans.

With its emphasis on Conscious Self-Care and nurturing The Live Life: Love Life: Long Life Program supports you to release everyday responsibilities and overwhelm. This blissful Pause from everyday life gives you the time to find greater focus and clarity as you create a Wellness Blueprint to support your ongoing wellness.

Our time together will truly focus on aspects of each level (body, mind, emotions and spirit) and you will go home not only with a plan specific for you, but you will have met new, like minded people, eaten amazing food and experienced the incredible beauty and peacefulness of the heart of Laotian culture.





# Who is Catherine Bullard

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Catherine is a Natural Health Practitioner, Women's Awareness Coach and Wholistic Wellness Educator. She supports and guides women to Soul-Empowered Wellness using a grounded, multi-faceted, heart and soul approach. Catherine encourages clients to deeply engage in their healing journey, and to also strengthen their intuitive practice. Her method focuses on homeopathy, flower and herb essences, healthy diet and lifestyle, intuitive development and Awareness Coaching, to catalyse and powerfully stimulate self-healing and a shift to better health and refined spiritual engagement on all levels. This can also lead to shifts in other areas of their life including deeper relationships, greater prosperity and career advancement.

Her clients get results that allow them to live more fully and authentically.

These include:

- Increased vibrant energy
- Reduced pain
- Less anxiety
- Better sleep
- Greater focus
- More confidence
- Increased clarity
- Heightened awareness

Her own journey through serious chronic illness gave her a deep understanding of the enormous healing power of energetic traditional medicine combined with reprogramming of negative beliefs and inspired action.

She combines the practical and metaphysical for her clients to help them achieve transformation on all levels – body, emotions, mind and spirit.



# Your Retreat Rundown

After arriving on Saturday you will be greeted by Catherine and have time to relax and explore before the retreat starts on Sunday. Throughout the retreat you will also have plenty of free time to indulge in all that the resort has to offer.

After a relaxing evening on Saturday night and a good night sleep we will begin this journey together through discussions and workshops. Expect to experience discussions around:

The concept of **Conscious Everyday Self-Care**

**Wellness** in mid-through-later life and challenges that arise at this age, this encompasses why you need more than just a good diet and exercise.

**Breath** – how effectively do you breathe? have you ever actually thought about this?

Alternative **Movement** for ageing bodies

The **Power Of Grounding**

**Body Awareness** and how to listen to the wisdom of our body and in turn our **emotions**.

**Sleep** – and the importance of creating better sleep for enhanced self-care

How does the **Mind** work in all of this?

**Reducing Stress** – inflammation and cellular stress

Practices **to keep** the mind alert and agile

The essential role of being **creative in wellness**

Identifying **soul** nourishing practices

How do we **be still** when we have never learnt how

How do we take all of this home with us and knowing what your plan is.

During the week there will also be plenty of time to take in where you are, discover the local village, enjoy a Laos cooking class and a boat ride to a local temple.

We will finish the week off with a Celebration Dinner & Closing Ceremony on our last night together.

Saturday is the day to go home and truly celebrate all that you have learnt and experienced throughout our time together.



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## WHAT IS RETREATS AT RESORTS

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Liesel Albrecht - The Retreat Specialist has 26 years of experience in the retreat industry and brings a together a range of Resorts with a wide roster of retreats.

All facilitators are all experts in their field and bring together a unique program of expertly crafted programs in a wonderful range of worldwide resort settings, providing those on holiday with a wide choice of well being experiences, tailored to their needs.

The Retreat Specialists™ work in close collaboration with the resorts so that, together, we can provide guests with an unforgettable experience.

Find out more at [www.retreatsforresorts.com](http://www.retreatsforresorts.com)



# SOME OTHER QUESTIONS

## TO WEIGH UP THE PROS AND CONS

1. How will I get from the airport to the resort?

All of the transfers are included you don't have to worry about a thing.

2. I won't know anyone so I am a bit nervous:

The beauty of these retreats are that you don't have to share a room and the group will bond really quickly - we guarantee it - you will have 9 or more new friends within the first hour!

4. The program looks pretty full will there be any free time?

We will make sure of it. There will be plenty of time to lie by the pool, nap and feel like you are on a holiday.

5. Can I stay longer?

Yes of course when you are booking let us know and they will book you accordingly and if you want to travel that can be arranged as well - why not head to Siem Reap to take in the history of Angkor Wat.



# ABOUT THE RESORT

The Belmond La Résidence Phou Vao is an unforgettable place to stay, positioned atop a hill, gazing across the sacred mountains. Designed in a traditional style, this intimate hotel is adorned with teak, silk and fresh cotton accents. It is famed for its wonderful French-influenced local cuisine and an open-air spa beside a water lily pool.

With a reputation as one of the most serene Luang Prabang hotels, Belmond La Résidence Phou Vao is a haven of peace. Relax, soak up the atmosphere and enjoy stepping back into a more gracious era.

# WHAT'S INCLUDED

- All accommodation in a twin share/double room, single rooms are available
- Transfers to and from the Airport
- All breakfasts, 6 lunches and 5 dinners
- A Retreats for Resorts Welcome Gift
- All workshops and discussions with Catherine throughout the retreat
- A delicious Laos cooking class
- A boat ride to visit temples on the exclusive hotel boat.
- A visit or three to Luang Prabang Night market and town.
- A dawn visit to join in Tak Bak.
- You will also take part in a traditional Baci Ceremony and some secret experiences designed just for our group.

**Book or Find out more information  
by emailing  
admin@retreatsforresorts.com**

## Your Retreat Investment

### TWIN / DOUBLE SHARE (Per Person)

AUD \$3562

USD \$2497

Euro €2230

### SINGLE SHARE

AUD \$4512

USD \$3160

Euro €2830

\*terms and conditions apply

### What's Not:

Flights and Travel

Travel insurance

Drinks

Additional accommodation outside of the retreat dates

Tips to resort staff

Any extra meals/food

Personal Shopping



# CONTACT RETREATS AT RESORTS

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**BELMOND**