Pine Creek Holistic Wellness Retreat
Why do a Holistic Wellness Retreat?

Are you looking for a quick way to jumpstart your health and fitness through a wellness program that incorporates nutrition, exercise, and yoga? All facets of optimal wellness will be addressed in a fun and easy to adapt way. With the effects of modern diet, stress, and lack of time, our bodies and minds are bombarded with toxins and become polluted both physically and emotionally. During this Wellness Retreat, we will address your needs and enrich you with an opportunity to become a healthier and more vibrant you. Whether you are already in shape and need a tune-up or looking to learn more about holistic health and wellness, you will greatly benefit from a weekend with a self-improvement focus.

The Holistic Wellness Retreat Program

The 3-Day Wellness Bootcamp Program at Pine Creek is run under the guidance of Dr. Samantha Monus. The objective of the program is to gain more knowledge about a natural health lifestyle and fortify new habits to enhance a healthier and happier you. *The program also has a nutritional adaption program that acts as a "3 day gentle cleanse" to help remove accumulated toxins and gently improve and restore optimal body function.

Holistic Fitness Classes: Traditional and functional exercise classes support and strengthen the musculoskeletal structures of the body. Classes are designed to improve strength, stamina, and muscle tone to the body. Although classes are designed with a degree of intensity, all levels of fitness are welcome to participate as variations and modifications of exercise can be made.

Yoga: A fusion of hatha and vinyasa flow are designed to increase mind-body awareness while opening the structure of the body. The practice helps to free up the muscles and soft tissues of the body. In addition, the classes are intended to move the flow of qi ("chee") in an effective manner that helps remove stagnancies and toxins. Classes focus on increasing not only the flexibility of body, but also the mind; all classes end in meditation.
**Massage:** Massage is one of the traditional healing arts that utilize intentional and systematic manipulation of the soft tissues of the body to enhance health and healing. Joint movements and stretching are commonly performed as part of massage. *Different massage techniques have different effects. Techniques will be chosen by your practitioner to help provide you with your immediate goals.*

**Lecture:** Lectures are designed to enrich the knowledge base of participants on a natural health lifestyle.

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**Lecture Schedule**

**Thursday, May 5th: Food 101**

Lecture will focus around nutritional excellence and how it pertains to staying healthy, losing unwanted weight and toxins, and supplying the body with natural energy. Students will learn about what eating healthy really is and how diet and nutrition play the most critical role in good health and happiness.

**Friday, May 6th: Digestive Wellness**

Lecture will focus on the importance of digestive health and how it affects the entire organism. Topics on colon health, with emphasis on absorption, assimilation, constipation, and parasites will be addressed.
3-Day Gentle Detox Program

3-Day Gentle Detox: Detoxification is a fundamental tenet in restoring and maintaining health and vitality to the body and mind. Through the course of poor lifestyle habits and modern life, we are constantly exposed to toxins and our organs of elimination become congested. We begin to feel sluggish, gain unwanted weight, and begin to look and feel “blah.” Once this happens, a cascade of ill health effects may manifest in the body. Thankfully, there are many ways in which to restore vigor and vitality and begin anti-aging regimens that can help reverse the ill effects of modern living.

If you are interested in gently releasing some of this toxic burden and begin to nourish your body in a manner that is adaptable for you, then Dr. Sam’s 3-Day Gentle Detox Program is the choice for you. This program will support the body by gently alleviating the burden from the digestive tract and colon while helping to restore and nutrify the body. When gentle detoxification is done properly with an exercise regimen under the supervision of a professional, the results can be quite favorable. Participants report feeling increased energy, weight-loss, and overall substantial improvement of body composition. In addition, the nutritional support provided by the program, nourishes the organs and organ systems for increased vitality and health.
Wednesday, May 4th: Arrival

Follow-up Consultation with Wellness Director, Dr. Samantha Monus
Allowance for Pine Creek Health and Wellness Services
Group Dinner
Brief Overview of Program Itinerary

Thursday, May 5th Schedule

6:30 am Awaken with Herbal Tea Cleanser
7:00 am *Breakfast Shake w/ supplements
8:30 a.m. FITNESS CLASS
10:00 a.m. YOGA
11:00 Greens Juice
Noon LUNCH w/supplements
  Salad Bar
  *AFTERNOON MASSAGES
3:00 p.m. Greens Juice with B12
  *Greens First or Fresh Juice
4:30 p.m. *BROTH or HERBAL TEA w/ supplements
6:00 p.m. Dinner
  *Shake or Soup option
7:30 Lecture on Food 101
Friday, May 6th Schedule

6:30 am Herbal Tea Cleanser
7:00 am *Breakfast Shake w/ supplements
8:30 a.m. FITNESS CLASS (Cardio Kickbox)
10:00 a.m. YOGA
11:00 Greens Juice
Noon LUNCH w/supplements
  Salad Bar
  *AFTERNOON MASSAGES
3:00 p.m. Greens Juice with B12
*Greens First or Fresh Juice
4:30 p.m. *BROTH or HERBAL TEA w/ supplements
6:00 p.m. Dinner
*Shake or Soup option
7:30 Lecture on Digestive Wellness

Saturday, May 7th Schedule

6:30 a.m. Herbal tea cleanser
7:00 a.m. Breakfast
8:30 a.m. FITNESS CLASS
10:00 a.m. YOGA
11:00 Greens Juice
Noon Farewell LUNCH w/ supplements
  Departure