

Wellness and Longevity Retreat

YORKSHIRE DALES, UK JULY 17-23rd, 2023



with the **ACADEMY HEALING NUTRITION**
& **THE THERAPI TEAM**

live longer, live healthier



www.LongevityWellnessRetreat.com



THIS YEARS THEMES

- The 120 PLUS CLUB • MEDICINAL MUSHROOMS • THE THERAPHI DEVICE

This retreat takes place on the 900-year-old Broughton Hall estate in the Yorkshire countryside, and includes classes and workshops on topics such as practical cooking, qi gong/yoga and the integration of Taoist medicine, Ayurvedic, Cultures of Longevity, Bio-hacking and cutting edge technologies (including the revolutionary Theraphi Technology).

It's a unique experience that inspires you to make change, relax, recharge and have fun. Our Summer retreat is ideal for individuals looking to improve their overall health and well-being through a holistic approach. With practical skills, the right decisions and personal/group support, you can take control of your health and start to plan a long and healthy lifespan!

Join the faculty of the 40 year-old curriculum *Academy Healing Nutrition* and special guest teachers all whom have been pioneers in the emerging holistic natural healing global movement.

Enjoy farm-to-table nutritious meals, Taoist longevity herbs, superfood elixirs, medicinal mushrooms, Ayurvedic potions, sea vegetables, and a wide range of healing ingredients and recipes. Every evening is a special lecture, every morning a yoga class and in between are jammed packed demonstrations and workshops, along with times to re-connect with nature, swim,

dance, and attend the fire temple cocoa ritual.

Have a free Theraphi session, play snooker in the 900 year old parlour, hang out at the Avalon Spa, join us for a medieval dinner, music and dance party, at the same time meeting folks from all over the world who join in on the warm conviviality and share your values and dreams of a healthier community and planet. The 900 year-old Broughton Hall Estate and the Avalon Spa is all yours to explore. There are five categories of accommodation from a Downton Abbey experience to camping!





*Learn from a jam packed
program delivered by
pioneers in the global
holistic movement.*

*Inspiring you
to make change,
relax and have fun.*



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*Take care of your
health and start to plan
a long and
healthy lifespan.*





Roger Green, Founder and Co-Director Academy Healing Nutrition

In addition to his extensive experience in holistic healing and longevity science, Roger is also deeply committed to personal and planetary healing.

Roger is a holistic health pioneer who has been mastering and teaching Eastern and Western healing techniques for over 4 decades and across 70 countries. Through his work with the Academy Healing Nutrition, Roger has trained health coaches and practitioners in natural healing techniques that not only improve individual health, but also contribute to a healthier planet. Originally from Wellington, NZ he has taught thousands of students how to live a long and healthy life, and to use nature to heal health problems.

Roger's work in sustainability is multi-faceted and covers various projects and initiatives that promote eco-friendly practices. The Bloom the Desert project, for instance, is a great example of his commitment to sustainability, as it aims to transform arid land into fertile soil using permaculture and sustainable farming techniques. This project has the potential to not only promote food security but also restore degraded land, which can help combat desertification.

The Theraphi Device is another project that Roger supports, which utilizes plasma technology for healing and rejuvenation. This technology has shown promising results in treating various health conditions and promoting overall wellness. He has been supporting the emergence of cold fusion for over a decade as an alternative to fossil fuels. This technology aims to provide clean, renewable energy with minimal environmental impact, which could have a significant impact on reducing greenhouse gas emissions and combating climate change.

As the director of the Academy Sacred Geometry, Feng Shui Seminars and Breakthru-Technologies, Roger also promotes the use of ancient knowledge and principles to create harmony and balance in our homes and



surroundings. His efforts to promote eco-friendly practices and support sustainable initiatives are a testament to his dedication to personal and planetary well-being, and to training health coaches and practitioners in natural healing techniques.



Patricia Lopez, Co-Director Academy Healing Nutrition

As co-director of the Academy Healing Nutrition, Patricia is dedicated to empowering individuals with the knowledge and tools necessary to achieve optimal health and wellness through the Academy's holistic methods. After experiencing a profound shift in her health through diet and lifestyle as a student of AHN in New York, and with her extensive background in business, she is uniquely positioned to support our students in not only improving their physical health, but also in creating successful careers and businesses in the wellness industry. Patricia is a qualified BodyMind Maturation & Business Coach, and uses her experience as a former advertising executive to support clients in dissolving the root cause of trauma, come home to their authentic selves, and be able to successfully offer their gifts to the world.

www.AcademyHealingNutrition.com

*Experience the beauty
of the Yorkshire Dales
while learning about the connection
between food,
self-healing and longevity.*





Inga Bylinkina
Longevity Diet specialist

Inga Bylinkina has been one of the Academy's main teachers and student mentors since 2007. She is a life-long practitioner of healing arts, Earth wisdom teacher, 5 Elements nutritionist, Daoist tonic herbalist, and embodiment coach. She is passionate about self-empowered approach to healing and has led many programs, events and courses where she weaves her knowledge of Chinese Medicine, Daoist practices and Ayurveda with the wisdom she embodied through her own healing journey. Her cooking classes will inspire you to get into your kitchen and cultivate a more conscious relationship with food.



Nam Singh-Tao Shi
Chinese Medicine Practitioner / Chef / Taoist Longevity expert

Nam Singh, O.M.D., N.C. is a practitioner of all eight limbs of Chinese: Medication, Exercise, Diet, Herbology, Astrology, Feng Shui, Massage, Acupuncture and Moxabustion. An Ordained Taoist Priest of the Dragon Tiger (Longhu) Sect, a member of the Dragon Gate sect and a student and practitioner of the Zheng Yi Tao (Orthodox Celestial Masters lineage). Mr. Singh is a graduate of the Tai Pei Institute, R.O.C. Taiwan as well as a chef specializing in Chinese medicinal cuisine. Formerly of China Moon and Monsoon Restaurants in San Francisco, California, U.S.A. As a chef, Nam Singh has collaborated on two well-received books, *'Between Heaven and Earth, A Guide to Chinese Medicine'* and *'The Chinese Immigrant Cooking'*. He is currently living in San Francisco, California conducting classes in *'Cooking with Chinese Herbs'*, *'Cooking with the Teas of China'* and practicing and teaching *'Religious Taoism from its Shamanic Roots'*.





Letha Hadady
Longevity Nutrition coach / Ayurvedic Teacher

Letha Hadady, D.Ac., certified in Chinese acupuncture and Asian herbal medicines, has written numerous best-selling health books including *Karma Herbs* and *Heart to Heart: care for your heart naturally*. Letha, through her relentless devotion to natural healing and self empowerment, is considered one of the pioneers of holistic medicine in the USA over the last 4 decades. She has travelled widely to work with medical and spiritual healers, studied psychology and music in Paris, Ayurveda in India with Dr. Vasant Lad, Tibetan health and wellness practices with Drs. Yeshe Donden, Sogyal Rinpoche and with HH the Dalai Lama. She teaches Ayurveda for the Academy of Healing Nutrition and also works with a team of traditional Chinese herbalists to create formulas at Wing Hop Fung, southern California's largest retail/wholesale source of Chinese herbals.



Sophie Gibbin
Certified Holistic Health and
Nutrition Coach / Yoga Teacher
Academy alum.

Following health set-backs, Sophie joined the Academy in 2018 where she learned the art of using food as medicine and the wisdoms of Traditional Chinese Medicine, Ayurveda and Tonic Taoist Herbalism. Sophie is now a multi-faceted wellness professional with a diverse background in holistic health, nutrition, yoga and traditional medicine. She is a certified yoga teacher specialising in hatha, vinyasa and yin yoga styles and now leads the education department at the Academy. In her spare time, she enjoys activities such as nature walks, baking healthy treats, and travelling.





Paul Harris

Inventor / Entrepreneur / Eclectic researcher

Educator and Inventor of the Theraphi Plasma Wellness Device

Primarily focusing on energy and health technologies, Paul has dedicated his life to following nature as his guide. He is an eclectic researcher and educator who has developed a deep knowledge base in a wide area of studies including Herbology, Permaculture, Mycology, Fermentation, Environmental Remediation Alternative Fuels, Energy Production and Storage, Electronics, Chemistry, Plasma Physics and Water Technologies.

Paul is currently developing a Biological Manufacturing Facility, which incorporates all of these technologies to create a show case model for going beyond sustainable agriculture. Which will provide food, natural medicine and produce energy from local waste products incorporating several closed loop systems.

Paul is known for his presentations on various topics including Theraphi Technology, the medicinal properties of mushrooms, bio-hacking, advanced technologies, the TESLATRON and the importance of structured water in preventing disease.



Dan Winter

Online Presenter

Dan is one of the leading scientists in the field of 'Enlightenment Engineering' and a pioneering researcher in the field of fractality physics, including plasma tech, implosion and biofeedback inventions. Dan has created breakthroughs in science with his Fractal Field applications and is known for his work on bio-magnetic coherent fields. He was the first to propose that the golden ratio is the electric cause of gravity and presented this theory at the **Budapest International Unified Field Conference**.

The Golden Ratio, which appears in the geometry of a variety of creations in Nature, is found to arise right in the Bohr radius of the hydrogen atom due to the opposite charges of the electron and proton. Dan will be giving a lecture on the '*Science of Oneness and Unity*' and advancements in clean energy.





Victoria Phillips
Wholefood Cooking Teacher

Victoria Phillips is a highly skilled and knowledgeable cooking teacher with over 30 years of experience. She has taught at various institutions including the *Sydney Academy of Healing Nutrition* and is qualified from the *East West Centre*. With her extensive experience, passion for teaching and unique approach, Victoria provides a comprehensive and inspiring experience that can benefit anyone interested in improving their cooking skills and knowledge.

Victoria's teaching philosophy emphasises the use of food as a creative and artful experience. She encourages her students to view cooking as a way to explore new flavours and expand their culinary horizons. By approaching cooking in this way, participants are able to break out of their particular mindset of do's and don'ts and experiment with different ingredients, techniques, and styles of cooking.

Victoria also teaches the technical aspects of cooking. Her focus on wholefoods and the use of fresh and seasonal ingredients makes her classes both healthy and delicious. Victoria emphasizes the health benefits of using nutrient-rich ingredients like sea vegetables and the importance of supporting local farmers and producers. This emphasis on local food systems is grounded in Victoria's extensive experience in her environmental and social justice activism.

Victoria's classes are designed to be both fun and educational. This is a great opportunity for people to expand their culinary horizons, explore new flavours, and gain a deeper understanding of the connection between food, health, and community.



Callie Roang
Healing Arts Practitioner

Callie Roang is a co-creator and 'Soeur Mystica', working with her partner Paul Harris on various projects related to holistic growth and sustainability. She is knowledgeable in the areas of meditation, qi gong, yoga, and energy work, and has led groups in these practices for many years. Callie has been a practitioner in the healing arts for over 25 years and provides spiritual-based counselling and emotional balancing through her company, *Conscious Creations*. In addition to her spiritual pursuits, she has also worked in sales, marketing, and team management, and has experience in non-profit support. She is guided by the principle of love and has a passion for oneness awareness and inspired creation. She holds space for holistic growth of all things Theraphi!



CLASSES AND TOPICS

We have an incredible line up of presentations, trainings, and workshops, blended into an environment that truly supports transformation and deep learning! Everything is optional - make up your own program, allocate time with nature, catch up with friends, or take it all in! Note, all our cooking classes are demo style and you get to sample all of the dishes at the same time as learning how to heal and live to over 120 years PLUS !!

A SAMPLE DAY

6am

Yoga and Qi Gong with Letha and Sophie and Nam Singh (also the barefoot doctor experience)

8am

Breakfast

9 - 11am

Cooking class with Inga (also with Nam Singh and Victoria)

12 noon

Lunch and free time (3 hours). Enjoy a walk, a spa, a sauna, etc.

3 - 5 pm

Cooking class with Inga (also with Nam Singh and Victoria)

5 - 6pm

Optional extra classes with Roger and Paul and Letha (special topics)

6 - 8pm

Dinner

8pm

Join evening conferences such as Lectures on Theraphi, A Health Panel, Longevity, Bio Hacking and Advanced Energy systems as well as special events like the cacao ritual, a medieval party and dinner at the cosmic garden and late night snooker and whiskey with Roger and Paul.





YOGA AND AYURDEVIC PRACTICES

with **Letha Hadady** and **Sophie Gibbin**

We start the day with limbering yoga stretches led by expert certified yoga instructor, Sophie Gibbin followed by Garshana, Ayurvedic dry lymphatic self-massage led by Letha Hadady. The gentle massage, usually done in the morning using hands, linen gloves, or dry skin brush, may be followed by oil to help tone muscles and detoxify body and mind. It increases muscle tone, improves skin texture, natural detoxification, and lymphatic circulation and boosts energy and immunity. Garshana, a rejuvenating self-care ritual, awakens digestion and refreshes the mind.

Letha will demonstrate the connections between yoga, qigong and lymphatic massage while we stimulate the flow of vital energy in meridians. After a brief deep breathing meditation, Letha will explain basic principles of Ayurveda and how to vary diet, herbs and dry massage according to the doshas, including recipes for foods and herbs that tone digestion, enhance life force, beauty and longevity.



LONGEVITY PRACTICE THROUGH THE POWER OF TAO

with **Nam Singh Tao Shi**

This Taoist Longevity Practice is a Shamanic form of Qigong, offering great benefits from regular daily practice. In this unique seminar and workshop, you will be empowered with practical knowledge for daily practice. Course schedule will include the following:

- Qi Kung
- Three Treasures Practice Workshop
- Setting and eating
- Sitting: Zuo Wang means "setting and forgetting"
- Moving: Inner Workings
- Why sitting, moving and eating?
- Master Li Ch'ing Yuen Longevity Exercises



BAREFOOT DOCTOR with Roger Green

Do-In exercise and Shiatsu Massage

Ginger Compress (tender loving care for your kidneys)

Acupressure and Moxa

Join Barefoot Doctor Roger Green as he guides you through a series of natural healing practices. The exercises presented are simple, effective, and safe, with no side effects. Plus, as you learn how to take care of yourself and others, you'll build a stronger bond at home and trust in your own abilities.

One such technique is Do-In (known as Dao-Yin in Chinese), an art that combines Qi Gong with the precision and rigor of Zen. It's more than just acupressure or manipulation of the meridians - it involves manipulation, breathing, and concentration. Do-In is an excellent way to improve your general health, allowing you to act on your body physically, mentally, and spiritually.

Shiatsu massage, another technique presented, acts on the subtle electromagnetic energy of the body known as 'ki' in Japanese and 'chi' in Chinese. It involves using various techniques, such as stretching and pressure to open the meridians, to release energy blockages and achieve a healthier, more balanced condition.

Acupressure is performed using the fingers to gradually press onto key points around the body, while moxa is a burning stick used over acupressure points to relieve pain and congestion. Learning the five most important chi points will help you address a wide range of health problems.

Experience the famous ginger compress, which provides tender loving care for your kidneys and can help with dampness, muscle tension, chronic pain and back problems, menstrual cramps, stiff neck, stiffness in joints, rheumatism, and arthritis.

All of these techniques are part of the Taoist medicinal system called the 8 limbs of TCM. They are designed to help generate and clear your energy, allowing you to feel better both physically and mentally.



LONGEVITY DIET COOKING CLASSES

with **Nam Singh**

Learn how to use the natural healing power of food to heal yourself from the inside-out. A practical and delicious way to fight and protect against obesity, diabetes, heart disease, autoimmune disorders and cancer.



Cooking with Medicinal Mushrooms Welcome to the world of Dried Black Mushrooms! This collective term encompasses several grades of mushrooms that are known for their neutral nature and slightly sweet taste. They offer a wide range of health benefits, including boosting Qi and blood circulation, reducing blood cholesterol, improving diabetes, and alleviating gallstones and fatty liver. Recent research has also shown that dried black mushrooms strengthen the immune system and can treat inflammation.

From the Chinese medical point of view, black mushrooms play a significant role in dietetic treatment. These mushrooms have been grown in China for 700-800 years, and the Japanese have been cultivating them for 300 years. However, the growth of black mushrooms is heavily influenced by weather and temperature. As a result, the species are classified based on their growing season and shapes. Among the different grades, dried black mushrooms produced in winter are the most popular. These mushrooms are native to many places and have a rich history of use in traditional medicine. Their popularity is due to their exceptional taste and numerous health benefits. So why not try them out, and learn how to prepare and cook them with Nam Singh and experience the magic of Dried Black Mushrooms for yourself !

Nam Singh will prepare the following recipes and you get to taste them all!

- Zhu Sheng and Asparagus in Light Qi Zhi Sauce
- Stir-Fried Chicken Thighs with Matsutake Mushrooms
- Braised Mushroom Assortment • Translucent Glow Soup • Mushroom Jook

Mushrooms (fungi) are nature's original superfood and these potent adaptogens have been used by herbalists around the world for thousands of years, for their abilities to boost immunity, restore hormonal flux, tame inflammation and so much more. All you need to know is their energetics constitution, medicinal benefits and how to properly cook them.

Mushrooms are one of the most underrated and misunderstood functional foods for improved physical performance, cognitive ability and a most outstanding longevity food. Such an important vital food to include in your diet. Everybody should learn why and how to incorporate them into their eating lifestyle.

Subject Matters to Be Discussed

- The Shamanic Use of Medicinal Fungi in Taoist Practice
- Cooking with Medicinal Fungi Base on Taoist Principles of Classical Chinese Medicine
- Recipes: Demonstrating Cooking Methods of an Assortment of Medicinal Fungi Treasures.
- Preparation of Dried Fungi, Re-Hydrating
- Preparation of Fresh Fungi



SMOOTHIES ENHANCED WITH TRADITIONAL CHINESE HERBS with Nam Singh

Though teas, soups and stews are common in Traditional Chinese Medicine (TCM), smoothies are not. I have developed a modern day approach to combining smoothies and TCM food therapy as a wonderful way to explore healthy beverages and your body's constitution.

Combining Chinese Wisdom and Modern Convenience

Smoothies have become extremely popular, and rightly so, as people strive to be healthier, consume more fruits and vegetables, and explore super foods and herbs (Bupin Herbs), all in the context of busier lives and less time. Having a well-stocked kitchen and being prepared to invest time and wisdom into your food and drinks takes commitment and motivation. You will be rewarded, though! My goal is to show you how to drink smoothies following TCM food therapy theory, including;

Using food and other ingredients, such as herbs and natural dried fruits and flowers, to take care of your digestion, especially the spleen and stomach, otherwise food therapy won't work as well. Many drinks and smoothies these days are "one size fits all," and might do some people and some constitutions more harm than good.

Functional foods combine with different groups to make a strong response because the foods can coordinate with each other. When we use functional foods, we also need to take caution in mixing different foods to be aware of any contraindications.

Through these recipes and sharing the TCM food therapy theory, I trust that you can learn to combine TCM and build your own delicious, easy to prepare and nourishing smoothies. I also encourage you to learn more about TCM and the power of functional foods, fruits, nuts, seeds, herbs, roots and spices to achieve balance (flux) in your well-being.

The difference between TCM smoothies and others: These TCM smoothies and drinks recommendations and recipes have been created with food and health benefiting properties in mind, and then crafted for a tasty and enjoyable beverage you can incorporate into your diet on a daily, weekly and seasonal basis. They involve some super foods, including some you may have heard of that are more commonly used for healing and restoration of the body, cells and organs.



"Many drinks and smoothies these days are 'one size fits all', and might do some people and some constitutions more harm than good."

The main difference between a TCM smoothie and a regular smoothie (plenty of which are healthful and fabulous) is that they should be selected, prepared and enjoyed according to an individual's constitution. Smoothies are typically a blend of bananas, avocado, green vegetables, cacao, berries, honey, coconut water, medjool dates, and mango and pineapple for a tropical feel; they are often featured in raw food cuisine. All of these ingredients, while super healthy in the Western wellness scene, tend to be on the yin side (or cold/cooling, contractive) and often include ice and for some people's constitutions and conditions can do more harm than good to an individual's

digestion and intestines, especially in long term. In TCM, warmth and nourishment is key, there are healthful blends for you to try based on season and your individual condition.

So in summary, the differences between TCM smoothies and others include:

- **Not all are sweet;** some spice and bitter ingredients are included.
- **Not all raw;** there are some that require a few cooked ingredients and brewed teas and herbs blended into these smoothies and drinks.



- **Neutral fruits:** One should try to stay as in flux as you can, except for those with strong yang constitutions or those who tend to be more yin and need more yang fruits and energy.
- TCM smoothies and drinks require you, the reader and smoothie and drink maker, to live with full awareness about body type, geographical location for seasonal and available fruits, and blend with your digestion and health in mind.
- **Not a meal replacement;** while some smoothies and drinks are packaged as a "detox" or for weight loss, they have carefully been designed with love and intention for health building properties. They are not intended as a meal replacement and should not be consumed in place of a wholesome, well-balanced diet. These beverages will boost your constitution and condition when applied in the right season for your individual body's needs.



THE PATH OF HEALING WITH MASTER PLANTS

with **Inga Bylinkina**

Master-plant diets - developing relationships with sacred plant medicines

When we think of a modern concept of a diet, first thing that comes to mind is deprivation, or strict following of a specific nutritional regimen for a period of time. In the longevity traditions we are looking at “a diet” as a conscious way of nourishment that best supports our life energies on all levels through all seasons of life. But did you know that in many earth-centered spiritual cultures around the world there are special herbal diets that are practiced as a right of passage, a deep inner journey of self-discovery, renewal and connection with special plants, called Master Plants.

In this session we will explore:

- traditions and practices around fasting with herbs in different spiritual cultures as a way to heal, expand the consciousness and increase the capacity to sense and work with the energies of nature.
- what are Master Plant Dietas, who is it for and 2 ways to work with them.
- plant spirit communication - how to open the channels to receive the wisdom and guidance from the plants.
- choosing what partner plants to diet with.
- the terms of Master Plant Dietas.
- what to do if you are feeling the call to connect deeper to a specific plant spirit.
- where you can get guided plant dieta experiences.
- soft-fasting with plants at home.

Kidney regeneration - Nourishing the Essence

Many of the Daoist practices focus on the preservation, cultivation and circulation of Life Force Energy. Jing is one of the three treasures that is directly associated with the inherited potential and longevity of our life. It represents our DNA, our sexual energy, reproductive and creative potential. This treasure is stored in the lower dantian, in the Kidneys. Our kidneys can weaken with age, chronic stress, overstimulation and excessive emotion.

In all spiritual traditions, any practitioner who seeks longevity and high-level energy cultivation knows the kidney's great importance. Kidney energy is correlated to the Water Element. It is the key to Life Force Essence and the basis for health, preservation, and rejuvenation.

'Kidney energy is correlated to the Water Element. It is the key to Life Force Essence and the basis for health, preservation, and rejuvenation.'

In this workshop we will:

- explore the specific traditional methods to keep the kidneys at full strength and cultivate the Jing.
- look at some key daily and seasonal practices, special Daoist tonic herbs to enhance self-regeneration.
- make an elixir to revitalize our power supplies.

Nourishing the Blood

Blood and circulation imbalances can be linked to so many ill health manifestations. Looking through the lens of Chinese Medicine, blood isn't just platelets and plasma; it is our vitality! Blood carries the story

of our ancestry, it is the substance that animates our body! Both Traditional Chinese Medicine and Ayurveda share a recognition that blood operates within the larger and deeper context of our being. Both these ancient systems know that blood is vital and symbolic. It is both physical and archetypal, and carries meaning beyond its movement through capillaries, veins, and arteries. In thinking about the circulatory system and the blood that enlivens it, it is vital to understand this bodily fluid system not just for its individual components and physical function, but for its significance on a primal, symbolic level.



In this class we will dive into:

- what is blood deficiency, what factors cause this pattern and how to recognize the signs on physical, emotional and psychological levels
- why nourishing blood is optimally a life-long practice for women
- how to properly build/nourish and move the blood with food as medicine approach
- special tonic herbs for blood rejuvenation, and we will make a delicious blood nourishing treat.



"...cultivating your three main dantian reservoirs may help you generate vibrant health, clarity of perception, and age more gracefully."

The 3 dantians - 3 treasures of human life and the role of "forgotten foods" on their cultivation

Longevity is often associated with sustained vitality, radiance and youthfulness as we age. In order to consciously cultivate these qualities and experience them in the "forever now", we need to understand the origins of the Life Force Energy, how to protect and nurture it through all stages of life. There are many systems that help us to develop the awareness of energies, how to build and intentionally direct energy in the body. According to the ancient Daoist sages, there are 3 major cauldrons where energies are generated and stored in the body. They realized that cultivating your three main dantian reservoirs may help you generate vibrant health, clarity of perception, and age more gracefully.

Multiple practices have been developed over thousands of years by Daoist Jedi adepts, including special movement forms, breathflows, meditation and physical nourishment to alchemise the energies of the 3 dantians. In this workshop we will focus on the special class of herbs and nutritional substances that have been highly revered in Daoist alchemy arts.

To help you develop a strong foundation in vitality cultivation, we will explore:

- Essential Daoist energy anatomy and how cultivating the treasures can elevate our consciousness, help us access deep inner guidance and our Jedi superpowers.
- How we can connect to, activate and build the elixir fields of our three energy centers
- What are the "forgotten foods" and why they are key to your highest health potential
- Intentional herbal rituals and how to integrate tonic herbs into your life.





CACAO CEREMONY and ECSTATIC DANCE JOURNEY with **Inga Bylinkina**

Combining the cacao ceremony with dance will create a unique and transformative experience.

The cacao ceremony is designed to help you find your center and open up the energy of your heart chakra. Cacao is a powerful master plant used in traditional and spiritual practices, particularly in indigenous cultures of South America (referred to as Food of the Gods). Ceremonial cacao is prepared in a specific way and consumed in a ritual setting to promote connection, clarity, and spiritual insight. In addition to being delicious, cacao has many health benefits. It is rich in flavonoids, which are powerful antioxidants, magnesium, which helps to release tension, and also contains theobromine, a natural stimulant that can increase energy and improve mood and feelings of well-being. We will prepare the cacao with intention, honoring the spirit of this master plant, to fill our cups, and hearts with pure love.

After our Cacao ceremony we will embark on an Ecstatic Dance journey - a 2-hour global roundtrip, cruising a colorful, tribal, groovy, organic, sacred, healing sonic landscape. DJ Skydancer aka Inga will be fusing ancient wisdom with today's modern world music, crafted specifically for the energy of the retreat.

Ecstatic dance is all about going with the flow and feeling the rhythm to ride the present moment. With the medicine of sound and free movement we can really let loose and explore ourselves in truly transformative ways. Powered by the heart opening medicine of Cacao we will dance away to release stress, connect with others, and experience the joy of movement.





GET NOURISHED! Cooking classes with **Victoria Phillips**

Featuring:

- Get creative in your kitchen...
- Ideas for quick and easy dressings
- Ideas for quick and easy meals
- Let's talk cooking oils, herbs and spices
- Let's discover sea vegetables!
- Discussion on food ecology and community
- Summer salads and vegetables, dressings, sauces and more

Victoria has developed her own unique style and signature with her food and dressings. She enjoys playing with flavours, and rarely repeats the same recipe in her classes. Her teaching philosophy encourages people to break out of their particular mindset of dos and don'ts, and to view food as a creative and artful experience. By approaching cooking in this way, participants are able to explore new flavours and expand their culinary horizons. Victoria's approach to cooking is both fun and educational, and her classes offer a unique and inspiring experience for anyone interested in learning more about wholefood cooking.

She provides tips and tricks to help people get creative in their kitchen, including ideas for quick and easy meals that can be prepared in a short amount of time, making healthy eating accessible to busy individuals. She encourages experimentation with different combinations of flavours to help participants discover their own personal style of cooking.

In her classes, Victoria also introduces the use of sea vegetables and their role in promoting overall health and well-being. She explains the different types of sea vegetables, how they can be used in cooking, and the nutritional benefits of incorporating them into one's diet. Through her unique teaching philosophy, Victoria inspires her students to view cooking as a fun and rewarding experience that can benefit both their physical and emotional well-being.





COOKING and NATURAL HEALING with **Paul Harris**

Lion's Mane (*Hericium erinaceus*) – The Smart Mushroom

Mushrooms have been eaten and used as medicine for thousands of years. Various cultures around the world have revered mushrooms for their nutritional value, healing and cleansing properties. During this presentation we will discover the amazing health benefits and delicious gourmet recipes for cooking Lion's Mane mushrooms. Paul will show you how to prepare these delights of nature while explaining the medicinal values of Lion's Mane and several other exotic gourmet and medicinal mushrooms.

The nutritional and health benefits of lion's mane mushroom are numerous and span physical, cognitive and mental health. It is a source of several natural bioactive compounds, which are health-promoting chemicals. As a result, it exhibits several amazing disease-fighting properties.

You will discover how Lion's Mane regulates blood sugar, promotes heart health, combats fatigue, increases longevity and protects vital organs like the liver and kidneys while you enjoy the delicious dishes created from this miraculous mushroom.





The Revolutionary THERAPHI TECHNOLOGY

with **Paul Harris**

Natural Pain Relief, Anti-aging, Rejuvenation

Unique opportunity to meet the inventor of the Theraphi Device, Paul Harris from Canada, to discuss the science and history of the use of Electro-Magnetic Energy in healing. Come and learn about the amazing Theraphi Wellness device, it is truly a unique technology, the first to bring longitudinal time polarized plasma to the global market place.

The Theraphi Device is a unique technology that uses electromagnetic energy to promote natural pain relief, anti-aging, and rejuvenation. The device generates precise frequencies to produce "Bio-Active Fields" that affect the body's cellular regenerative system. It uses longitudinal EM waves and time-polarized EM waves to penetrate every cell and atomic nucleus in the body. The Theraphi generates a double conjugate bio-active field by using two plasma tubes with opposite spin density directions, allowing for the adding, multiply, steering, and collapse (centripetal) of electromagnetic healing waveforms.

The scalar potential of the device enables the engineering of waves to "pump" the cells of the body with waves from the time domain that can time-reverse the cells back to a previous healthy condition. This promotes cellular regeneration and helps heal damaged cells, organs, and tissues. The Theraphi device is inspired by over 100 years of pioneering efforts by inventors such as Nikola Tesla, Georges Lakhovsky, Royal Raymond Rife, and especially Antoine Prioré.

The Theraphi device has been well documented to help with various health issues, including viruses, parasites, immune deficiencies, increases in metabolism, heart rate variability, and reduction of inflammation. The device is currently available in over 25 countries, and there will be a chance for attendees of the wellness retreat to try out the device for free, facilitated and guided by Callie Roang.

References: www.Theraphi.Tech



THERAPHI

STRUCTURED WATER with **Paul Harris**

One of the great secrets to health and longevity is structured water. Structured water is present around all cells and molecules in the body and is known to directly affect their functions. With the emerging science of water classed as the 'fourth phase' - the whole human body is now seen as a gel like liquid crystal like substance. Deep healing involves the restoration of the integrity of this intracellular gel.

Water is truly one of the great mysteries of life and there are many questions regarding this common substance that modern science has yet to understand.

- Exactly what functions does water facilitate in our bodies?
- What is the best water to drink?
- How can it be used for powerful healing?
- What is the best way to 'energize it'?
- What happens when you add extra hydrogen and oxygen to water?
- What happens when you magnetize water?
- Does water have a memory and how does it retain information?
- How do you use water to help with ailments and diseases?

Paul has for many years taught workshops around the world on structured water and the do's and don'ts of this amazing fountain of youth substance. NOT TO BE MISSED



The Advanced Energy Systems series

The **TESLATRON** with **Paul Harris**

The TESLATRON is an advanced energy system that uses high energy pulsed EMF to create negative ions, which have been shown to have a range of health benefits. The technology was originally developed by Guy Obolensky, who was inspired by the work of Nikola Tesla, and has since been further developed by Paul Harris and his team.

We visited Guy many times in his NY state laboratory, unfortunately he passed away some years ago before finishing his version of the TESLATRON. Our team was very close to Guy and many of the secrets were passed onto us to continue the dream of building the TESLATRON, which Paul Harris has nearly finished. At our wellness retreat, you will be the first to hear about this exciting development. Parallels to the Theraphi technology will be discussed. This lecture is dedicated to advancing the legacy of Alexis Guy Obolensky, our dear friend.

Tesla kept his negative-ion device a closely guarded secret. However, he did clearly state two of its effects in an early paper, High Frequency Oscillators for Electro-Therapeutic and Other Purposes, presented at the 1898 annual meeting of the American Electro-Therapeutic Association, in Buffalo, NY:

“When a person is subjected to the action of such a [magnifying] coil, the proper adjustments being carefully observed, luminous [blue light] streams are seen in the dark issuing from all parts of the body... Soon after the person perspires freely.” Tesla maintained that these blue light streams and radio frequency (RF) electronic wave therapy in general could, in principle, make it possible to minimize aging and disease.

The TESLATRON uses similar principles to create a negative ion-rich environment that can help to improve health and well-being. has applications in both personal and professional settings, and is a powerful tool for anyone interested in energy healing and wellness. At the wellness retreat, attendees will have the opportunity to learn more about this exciting technology and its potential benefits.





The QUANTAPHI - Taking Sound Healing Technology to a Whole New Level with **Paul Harris**

The Quantaphi is a cutting-edge sound healing technology that utilizes quantum energy to heal and balance the body, mind, and spirit. Join us for a fun-filled dance party with DJ's Paul and Inga as we introduce this amazing technology and show you how to use it to enhance your well-being. It utilises high-frequency vibrations and sound waves to create a state of deep relaxation, reduce stress and promote healing. It works by stimulating the body's natural healing mechanisms, restoring balance to the body's energy systems and improving overall health and well-being.

Combining plasma and sound healing technology; the

Quantaphi provides a wide range of applications. Included with the system is a Hi Fidelity Class-D amplifier with a wide range of inputs. The Quantaphi is designed to be used as a room conditioner for sacred space and meditation.

- Several plasma tubes can be charged to fill the room with coherent energy, including sound.
- The plasma tubes are charged wirelessly and can be handled safely and positioned near the Tesla coils to light up.



- The light from the plasma tubes is a beautiful purple orange gold blue in a darkened room.
- Any audio source can be input to the amp, analog and digital.
- Any sound therapy program or audio function generator can be used with the Quantaphi.
- The Quantaphi radiates a coherent energy field protecting you from negative EMF (including 5G).

You will experience the power of the Quantaphi as we dance and move to the beat of the music. You'll feel the energy flowing through your body, and be amazed at how quickly you can achieve a state of deep relaxation and inner peace. Whether you're a seasoned meditator or new to the world of sound healing, you'll be amazed at what this incredible technology can do for you. Get ready to dance your way to health and happiness with the Quantaphi. We shall begin 96 Hz frequency, which many sound healers call the 'God Frequency' because it activates the Pineal Gland and improves clarity in the thought process.



INTRODUCTION TO THE LONGEVITY DIET

with **Roger Green**

We will study all food groups, explore the 'energetics' and avoid completely any dogma around food. We do not advocate any forms of extremes. We do not waste time with fad diets. We will not confuse you with conflicting dietary information. We do not get you to count calories. It is a flexible and adaptable approach and often breaks through many myths and modern day mis-comprehensions. The learning process is about your experimentation. You will ultimately be the master of what food and energies will work for you. Our cooking classes will get it into your bones, not just your head!

Roger will present what exactly is the Longevity Diet, what foods and longevity herbs are involved, how thousands of students have used it to heal themselves, and how we combine East and West into what we call the highest art of self-mastery—that of recreating and healing ourselves. At its very foundation it provides you with an incredible skill: The power to heal oneself.

As more people fail to find relief with modern medicine, even more are realizing the importance of self-responsibility for their own health and waking up to the fact that our food, lifestyles, attitudes and environment have a direct impact on how we feel and think. Life is a transformative process, a process of cultivation, experience and refinement. When we learn new ideas with practical applications, they gradually replace the negative patterns that previously lead to illness and separation from the flow of life.

It is the only curriculum in the world that integrates Traditional Chinese Medicine, Ayurveda, Taoist Tonic Herbal Medicine, Superfoods, Ancestral Eating and Blue Zone principles along with cutting edge western science for longevity and disease prevention - with an emphasis of developing the practical skills and the art of cooking.

Food is a powerful vehicle for transformation. There is much to explore in tastes, ingredients, cooking styles and energetic effects! Diet preferences vary from person to person, season to season. The Academy of Healing Nutrition program presents something a little different to that of the "modern world." Instead of complexity, we offer simplicity; instead of the artificial, we stress the natural; instead of just the analytical, we offer the universal.

Food is a powerful vehicle for transformation. There is much to explore in tastes, ingredients, cooking styles and energetic effects!





HEALTH PANEL

with Inga, Letha, Nam Singh, Victoria, Roger, Paul, Callie and Patricia

Your chance to ask personal health questions and have input from our experienced health coaches and practitioners.

Inga and Roger are hosting a health panel where you can ask personal health questions and receive expert advice. This panel is a great opportunity to get answers to any health-related questions that you might have, whether it's about diet, exercise, mental health, or anything else. Inga, Roger and the team are experienced health professionals who have a wealth of knowledge and are passionate about helping people achieve optimal health. They will provide thoughtful and informative responses to your questions, tailored to your specific needs and concerns. So if you have any health-related questions or concerns, don't hesitate to attend this panel and get the expert advice you need to lead a healthier and happier life.



BIO-HACKING and the 120 PLUS CLUB

with **Paul Harris** and **Roger Green**

The presentation is about bio-hacking and the 120 Plus Club, which involves taking an integrated approach to nutrition (The Longevity Diet), supplements, lifestyle strategies, and cutting-edge technologies to optimise health and extend lifespan. Bio-hackers do their own research to understand their health issues and find solutions that work. The 120 Plus Longevity Protocol, created by Roger Green, includes the Longevity Diet, longevity herbs, telomere enhancement, Klotho hormone activation, Theraphi wellness, and other technologies and lifestyle strategies. The presentation explores the latest research on longevity and provides practical advice on how to achieve total longevity using supplements, herbs, superfoods, and technologies. The focus is not just on living longer, but living better, smarter, happier, and healthier.

Discover:

- The optimum diet including the famous JING foods
- What are the best supplements for 120 plus?
- What are the best longevity herbs?
- What are the best Bio-Regulators and Peptides?
- What are the best technologies and lifestyle strategies?



If you are interested in unravelling the mysteries and secrets of the Universe, then this is the event you cannot afford to miss.

THE SCIENCE OF ONENESS AND UNITY with **Dan Winter**
(Online Presenter)

We all use the expression from time to time 'we are all one'. However, what does it really mean? We know it is right and true and we feel it intuitively, which is important, but what is the mechanism that makes this happen? If you are interested in unravelling the mysteries and secrets of the Universe, then this is the event you cannot afford to miss.

Dan Winter delves into the mechanism that makes the concept of "we are all one" possible, including the complimentary forces of entropy and negentropy, centripetal and centrifugal, within the infinite Tao. He uses concepts such as implosion, longitudinal scalar waves, nature's phi golden ratio, and 'non-local/spooky action' to deepen our understanding of the universe we live in. He also asks big questions, such as whether the speed of light is really the ultimate in the universe, if there is really such a thing as a particle, and whether spirituality and esoteric knowledge can be blended with science. He also discusses life after death and the journey the soul might take.

Learn how to be 'cohering the pressure continuum ether' and deepen our understanding of who we are and the universe we all call home. Fill your glass with wine and let Dan take you on a magical journey - "The wind on which love travels "





ADVANCED ENERGY SYSTEMS with Dan Winter

We are devoted to the development of technologies that are sustainable, carbon-neutral, economic and community-supportive. We are bringing together an intimate scintillating group to share, research, discuss, celebrate and move forward Breakthru's in science, natural healing, green energy, organic regenerative horticulture, bio-design and the unified field theory.



Fulvio Fabiani



URANGARA
LENR POWER GENERATOR

COLD FUSION - The URANGARA Project with Dan Winter and Roger Green

We call our reactor the URANGARA, meaning 'The Sun' from one of the Aboriginal peoples of Australia. Our core team members have spent over 12 years involvement with LENR (low energy nuclear reactions aka cold fusion) building, testing and validating various designs. We are not beginners - we are on the leading edge of LENR development. To give you an idea of the massive energy density of LENR, one barrow of Nano nickel with hydrogen, taken through the LENR process, releases the same energy as a super tanker of oil. This is an energy density that is 100,000 times greater or more than burning fossil fuels.

The promise of LENR and the delivery of low-cost energy is not only the holy grail of physics, but a story that has the potential to change the world as we know it. We welcome you to join us on this exciting journey. Join us in changing the course of history. We believe that solving environmental problems can only be done by visionary people and advanced technology.

Reference: www.Urangara.com and Ecat.tech

EVERYDAY AYURVEDA with **Letha Hadady**

Both traditional Chinese medicine and Ayurveda in India originated some 7,000 years ago and understand that we humans possess elements and cosmic forces that are similar to our planet. As energetic beings, our digestion (our Earth) needs to be supported with Agni (digestive fire) and nourished with wholesome foods that are appropriate to our physical and emotional needs. In Ayurveda, health and beauty are maintained by our Dinacharya which are daily health practices that include breath work, meditation, self massage, enhancing the senses, herbal treatments and individual diet that are followed with a dedication to improve wellness and perfect our Spirit. With a careful health routine we are able to blend harmoniously with our environment and practice Compassion for others.

Our life force gives us shape, physical beauty, energy, vitality, immunity, and affects the character of our attachments: Our desire for certain foods, relationships and our emotional balance. This can be summarized and understood as the Doshas: Vata, Pitta, Kapha, which represent the shape and character of our life force.

Our complex life force, influenced by our DNA, daily habits, health history, and Karmic actions, can be refined and augmented with lifestyle.

The Doshas, influenced by our age, sex, the season and weather and our lifestyle, may be :

- Light and quick like the wind, full of imagination, desire and drive (*Vata*)
- Keen, penetrating, enthusiastic, intelligent and aggressive like fire (*Pitta*)
- Gentle, mild, compassionate, fleshy, sweet or melancholic (*Kapha*)

Our overall wellness is gained from the balance of these energies.

We need all three:

- Desire for health and imagination to reach beyond our limits (*Vata*)
- Drive and organization of ideas to create a wellness plan (*Pitta*)
- Patience, love and caring of self and others necessary to reach our goals (*Kapha*)

In this teaching session we will practice Dinacharya: A brief meditation, Garshana health massage, breathing practices to calm and focus the Spirit and discuss select foods, herbs and daily rituals that support balance of the Doshas and promote longevity.





BRAIN STORMING and DISCUSSION with Paul Harris

Theraphi, Quantaphi, Teslatron, Bio Hacking, Structured Water and Advanced Energy Systems.



GET TO KNOW YOUR BODY TYPE VIA AYURVEDIC MEDICINE with Letha Hadady

Learn some amazing herbs, foods, spices and supplements that balance your dosha's.



DISCOVER YOUR 4 PILLARS OF DESTINY ASTROLOGY with Roger Green

Let Roger take you on a fascinating 4 Pillar journey in time and space, to the very core of the formation of your constitution. Work out your constitutional strengths and weakness based on the 5 element theory. Part 1 and 2 held over two days and work book provided.

Year, month, day and hour is the oldest form of astrology/ cosmology in the world, and with it the ancient Taoist were also able to work out where and how the meridians flowed in the body, and what forces of Heaven and Earth were operating on the human level.

Discover your 'lucky element' and how to use it in health maintenance. Roger Green is a pioneer of Four Pillars in Western culture, having introduced these methods for the first time to thousands of students in Europe, UK, USA and Australia. He created the first effective protocols for 100% correct chart calculations, and developing the appropriate adaptation for the calculation of Southern Hemisphere charts. This work has never been accomplished before in history. Interpretation, once mastered, can be applied to auspicious timing, relationship compatibility, lucky colours, personalized feng shui design recommendations and many other aspects. It is an amazing and deep study of cosmological influences, and a rare form of astrology not widely known in the west.



- **CACAO RITUAL AND CEREMONY** with INGA followed by **QUANTAPHI DANCE PARTY**
- Saturday night dinner with **MEDIEVAL MUSIC** and **CEILIDH DANCE PARTY**
- Sunday night dinner at **THE COSMIC GARDEN**
- Sunday afternoon walk, wild food foraging and English pub.



THOMAS HARDAKER AND BAND SATURDAY NIGHT PARTY WITH CEILIDH DANCE

Join the fun... traditional country dancing. We have hired one of Yorkshire's best Ceilidh bands led by award-winning accordionist Thomas Hardaker. With an excellent caller to guide you in the steps and a large repertoire of Scottish Ceilidh tunes, you will enjoy an evening of traditional dancing like Strip The Willow, Dashing White Sergeant, Gay Gordons with full instructions.

Thom Hardaker is from North Yorkshire, UK. With over 25 years playing experience and having completed 7 years at the Rimsky-Korsakov State Conservatory, St Petersburg, Russia, under professor Oleg Sharov, Thom decided to pursue playing and teaching professionally. Thom has won many competitions, including the Northern Ireland Accordion Competition, the Scottish National Accordion Championship, UK National Championship and the International Baltic Music Festival. He now performs all over the country at various events.

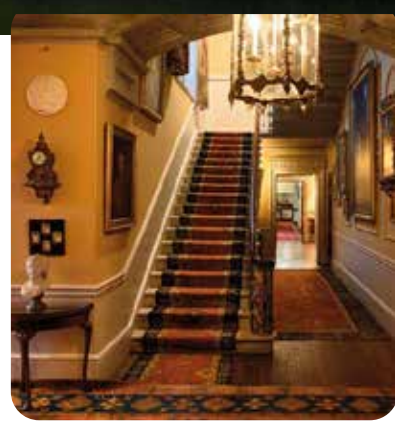




Accommodation

Broughton Hall & Estate

Home to the Tempest family since 1097, it enjoys a rich history stretching back over the Millennium.



Set in the stunning Yorkshire Dales, Broughton Hall sits in 3000 acres and features the finest blend of old and new architecture designed to nourish and inspire. Broughton Hall and Estate is a world-class regenerative space for people and the planet, the heart of the estate is a Georgian country manor.

The estate is made up of four unique meeting and retreat spaces:
the Hall, Eden, Utopia and Avalon.

Accommodation includes a mix of double rooms, twin rooms in the Hall, and Estate Cottages.

- Luxury Double Room in the Hall (en-suite)
- Estate cottage Single bedroom
- Estate cottage Twin bedrooms sharing with one other
- Camper Vans, motorhomes and camping

If you live locally you can attend all classes, workshops, lectures, etc. with tuition/daily food fee.

Once you have decided on accommodation style fill out the registration form with details for yourself and others with whom you might be sharing. A team member will work with you directly to help complete your final booking.

ACCOMMODATION



View all accomodation options on our website www.LongevityWellnessRetreat.com



HOW TO GET THERE

All participants are required to arrive and check in between 2pm to 5pm on 17th July. Arrive in the afternoon of Monday to settle into your accommodation. NOTE: Evening dinner is at 6pm. Evening lecture begins 8pm

Address

Broughton Sanctuary,
Broughton Hall Estate, Skipton,
Yorkshire, BD23 3AE

www.broughtonsanctuary.co.uk

International travellers

London Heathrow or any nearby airports.
Catch the train from Kings Cross to Skipton.
Trains leave every 30 mins -1hr.
The journey takes approx. 2.5 -3 hrs.
Catch a 10 min taxi from Skipton station to Broughton Estate

By Air

- Manchester Airport is 55 miles away.
- Leeds Bradford Airport is 24 miles away.
- London Heathrow. Catch the train from Kings Cross to Skipton
- 1 hour from Leeds and Manchester,
- 1.5 hours from Liverpool and Sheffield,
- 2 hours from Newcastle,
- 2.5 hours from Birmingham.

By Road

From the M1, leave at junction 42 onto the M62. Join the M606 and follow signs for Skipton. From the M6, leave at junction 29 onto the M65 and

follow signs for Skipton. Broughton Sanctuary is located 2 miles to the west of Skipton on the A59.

By Rail

The nearest train station is Skipton, Broughton Road, Skipton BD23 1RT (there will be taxis at the station and it is only a 10 minute drive to Broughton Hall).

Trains from London Kings Cross are only 3 hours (single change at Leeds).

Avalon Spa

Enjoy the Avalon Wellbeing Centre
Reconnect, Restore, Rejuvenate.

Framed by the land nature of the Dales, you'll feel a wave of calm wash over you as you arrive at Broughton estate. During your stay you can enjoy an abundance of activities that are rooted in nature and wellbeing.

You will have the opportunity to experience the purpose built state-of-the-art Wellbeing Centre with its unique Pool Suite: a swimming pool with an open aspect onto the adjacent woodland, a sauna, a steam room and hydrotherapy pool, gym, making this retreat a truly unique experience.

Guests can unwind in our tranquil pool suite, book a massage (at your own expense - when it comes to rest and relaxation, nothing quite beats indulging in a luxurious spa treatment)

The surrounding Sanctuary is home to an innovative Nature Recovery Project and is a wondrous mix of heather moorland, ancient and newly planted woodland, rolling meadow pastures and meandering rivers.



The Calendar

Day 1 MONDAY 17th July

- 2 - 5pm** Arrival
- 6pm** Dinner at Utopia Hall
- 8pm** Roger Green
Welcoming and
Introduction to
the Longevity
Diet and
Natural Healing



Day 2 TUESDAY 18th July

- 6 - 7.30am** Yoga, Qi Gong and Ayurvedic
with Letha and Sophie
- 8am** Breakfast
- 9 - 11am** Medicinal Mushrooms
Cooking class with Nam Singh
- Noon** Lunch and free time (3 hrs)
Enjoy a walk, the spa, sauna, etc.
- 3 - 5 pm** Kidney regeneration
(Nourishing the Essence)
Cooking class with Inga
- 5 - 6pm** The 4 pillars of Destiny
Astrology (Part 1) Optional class with Roger
- 6 - 8pm** Dinner
- 8pm** Evening conference: Introduction to
Theraphi Technology and Theraphi
Structured Water with Paul Harris



Day 3 WEDNESDAY 19th July

- 6 - 7.30 am** Yoga, Qi Gong and Ayurvedic with Letha and Sophie
- 8am** Breakfast
- 9 - 11am** Medicinal Mushrooms
Cooking class with Nam Singh
- Noon** Lunch and free time (3 hours).
Enjoy a walk, the spa, sauna, etc
- 3 - 5 pm** Nourish the Blood
Cooking class with Inga
- 5 - 6pm** The 4 pillars of Destiny Astrology (Part 2)
Optional class with Roger
- 6 - 8pm** Dinner
- 8pm** Evening conference
Health Panel with Nam Singh, Inga, Roger, Paul, Letha, Victoria, Callie and Patricia



Day 4 THURSDAY 20th July

6 - 8 am Qi Kung The Three Treasures with Nam Singh

8am Breakfast

9 - 11am Lion Manes Medicinal Mushrooms
Cooking class with Paul Harris

Noon Lunch and free time (3 hrs)
Enjoy a walk, spa, sauna, etc.

3 - 5 pm Get Nourished Cooking class with Victoria

5 - 6pm Quantaphi and Sound Healing
Optional class with Paul Harris

6 - 7.30pm Dinner

7.30pm Evening ritual Cacao Ceremony
with Inga and Quantaphi dance party
with DJ's Inga (Music) and Paul (Frequencies)



Day 5 FRIDAY 21st July

- 6 - 8am** Barefoot Doctor and Ginger Compress with Roger
- 8am** Breakfast
- 9 - 11am** TCM approach to Smoothies
Cooking class with Nam Singh
- Noon** Lunch and free time (3 hours)
Enjoy a walk, the spa, sauna, etc
- 3 - 5pm** Sacred plant medicines
Cooking class with Inga
- 5 - 6pm** Discover the Three Dosha's
Optional class with Letha
- 6 - 8pm** Dinner
- 8pm** Evening Conference Bio Hacking
with Roger and Paul
- Science and Cosmic Unity with
Dan Winter (online presenter)
- Cold Fusion with Dan Winter



Day 6 SATURDAY 22nd July

- 6 - 7.30am** Yoga, Qi Gong and Ayurvedic with Letha and Sophie
- 8am** Breakfast
- 9 - 11am** Get nourished!
Cooking class with Victoria
- Noon** Lunch and free time (3 hours).
Enjoy a walk, the spa, sauna, etc
- 3 - 5pm** Teslatron and Advanced Energy Systems with Paul
- 3 - 5pm** Ayurvedic Medicine
Optional class with Letha
- 6pm** Medieval Dinner Party
and Ceilidh Dance with
Thomas Hardaker and Band



Day 7 SUNDAY 23rd July

6 - 7.30am Yoga, Qi Gong and Ayurvedic with Letha and Sophie

8am Breakfast

9 - 11am Get Nourished
Cooking class with Victoria

Noon - 6pm Lunch and free time (6 hours)

- Enjoy the spa, sauna, etc.
- Have a Theraphi session
- Enjoy a walk and food foraging
- Swim in the wild pool
- Visit an English pub with Roger and Paul

6pm Dinner at the Cosmic Garden



Day 8 MONDAY 24th July

7am Yoga, Qi Gong and Ayurvedic with Letha and Sophie

8am Breakfast

10am Departure



Find all details and book online at
www.LongevityWellnessRetreat.com

Sponsored by
www.AcademyHealingNutrition.com
www.Theraphi.Tech
www.Breakthru-Technologies.com