



✨ HEAL & AWAKEN ✨  
RETREAT

~Rejuvenate ~ Activate ~ Integrate~

on

**BIG ISLAND**

**HAWAII**

Our facilitators **Dr. Kartar Khalsa, Aum Prakash**  
and their team are excited to host this life transforming retreat,  
here on the sunny and beautiful BIG Island of Hawaii.

Together we will be cleansing and detoxing using  
Chinese Herbs, Homeopathic Remedies, Supplements, Yoga, and  
an alkaline vegetarian diet.

**Please do not forward this email to anyone. Thank you.**

~Dates~

March 15th-25th 2017



## ~BIG ISLAND

## HEALING RETREAT~

~14 participants

~10 Days

~THE CLEANSE PROTOCOL

~Deep Meditation

~Daily Intensive Yoga

~Cacao (chocolate) & Flower Ceremony

~Flower Bath

~Healthy Meal Classes

~Create your own Non-Toxic Organic Body products

~Island Adventures

~Organic ,Vegetarian, Gluten Free Meals

~Airport pick-up and drop off

## ~WHAT TO EXPECT~

Prepare to Dive DEEP, clearing, cleansing, opening, activating and replenishing. This is a comprehensive retreat focused on healing the body, mind and spirit so that we can AWAKEN to our true and most divine potential.

### **General Daily Schedule**

**(Subject to change, depending on adventures and weather)**

7:00-8:00~ Supplements and Master Cleanse

8:00-9:30~ Kundalini Yoga class

9:30-10:00~ Juice Break

10:00-12:00~ Workshop and Class Time

12:00-4:00~ Lunch/Free Time/Adventures

4:00-5:30~ Yin Yoga

6:00~ Dinner

8:00~ Group Meditation

## THE CLEANSE

This cleanse is a life-changing, vegan, detox program combining Chinese and Ayurvedic herbs, nutritional supplements, an Alkaline vegetarian diet and yoga. This unique program has been formulated scientifically and developed by Doctor Kartar to change the way you feel, look and live!

The Cleanse™ is a 7 or 10-day program, carefully formulated to rid your body of toxins, parasites, wastes and poisons. These harmful substances can build up in your body over time through diet choices, environmental pollution and everyday stress. They not only inhibit the body's ability to function properly but also can eventually lead to serious health problems.

The Cleanse combines whole foods, fresh juices, supplements, herbs, body therapies and Kundalini Yoga to literally clean your cell tissues from the inside out. To do this, we combine ages-old natural wisdom with the latest developments in alternative medicine.

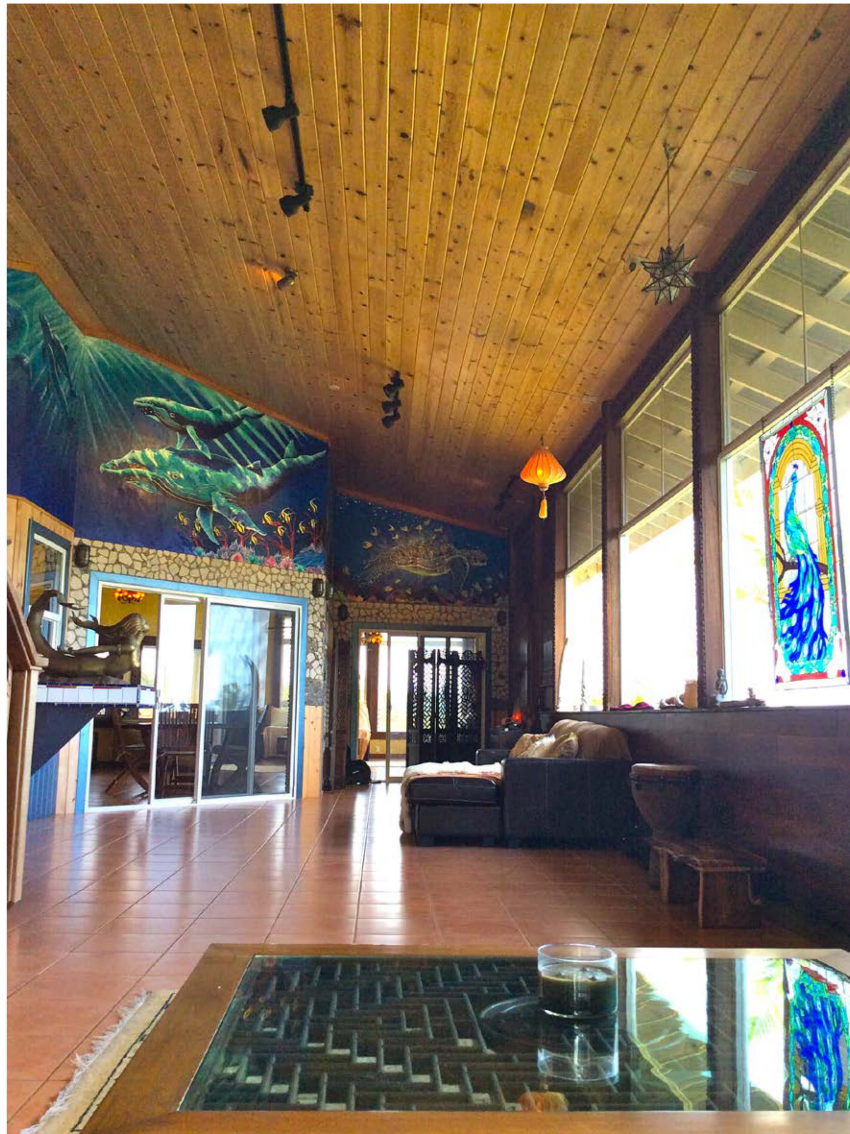
Our program is 100% natural and vegan and flushes out toxins while strengthening the body—leaving you feeling lighter, brighter, clearer and cleaner. It can bolster your immune system, generate healthy tissues in key organs such as the liver, purify the blood, and restore your body's ability to regulate and heal itself.

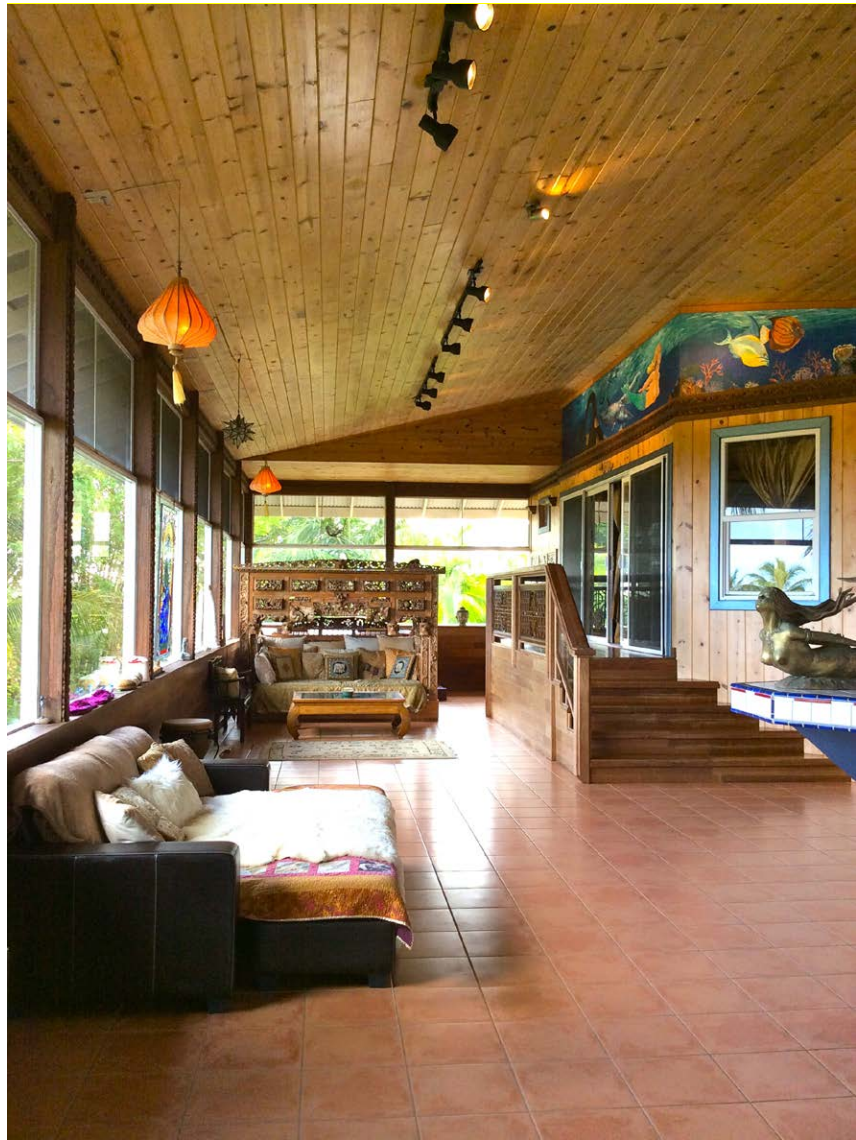
The physical benefits of The Cleanse are just the beginning. The Holistic nature of the program operates not only on the physical plane, but also on emotional, mental and even spiritual levels. As a Doctor of Oriental Medicine, Dr. Kartar has also drawn on the fundamentals of Traditional Chinese Medicine. In that school of thought, certain emotions are associated with each organ system—both positive and negative. When you use diet to cleanse the organs of the body, you may also flush out old, unprocessed, and potentially negative emotions, as well as strengthen positive emotions. The Cleanse is designed to help you eliminate unsupportive emotions as quickly as possible, while giving you exercises and meditations to accentuate the positive dimensions of your being.



## ~ACCOMMODATIONS~

Participants will be sharing our 4500 sq ft. Balinese style temple home. Our home is located a short 10 minute walk from the nicest beach in the area, where dolphins and whales are frequently spotted, and very close encounters are highly possible. Participants will be sharing rooms.













## FACILITATORS

✨ Dr. Kartar Khalsa ✨

Kundalini Yoga

Meditation

Acupuncture (Optional)



Dr. Kartar is a Doctor of Oriental Medicine practicing Acupuncture and Herbology. He has practiced since 1992 and has lived a yogic lifestyle since 1987. This unique combination brings the expertise of a licensed Doctor of Oriental Medicine, a trained Acupuncturist, and a KRI Certified Kundalini Yoga teacher. He began researching detoxing and cleansing in 1994 and has guided over 3,000 people through The Cleanse, a 7, 10 or 40 Day Rejuvenation/Detox Program. He has participated in The Cleanse 30 times himself in his efforts to design a program that empowers the self to full health. His dynamic abilities as a healthcare professional and a compassionate advocate of yogic technology were inspired by his spiritual teacher, Yogi Bhajan, Master of Kundalini Yoga. Dr Kartar's mission in living and teaching these ancient yogic principles is to enable all people to lead a conscious and healthy life, in harmony and peace on this planet.

✨ Aum Prakash ✨



Yoga

Life Coaching

Aum has been facilitating healing work with the use of plant medicine for about ten years. His life was forever changed after having the plants save his life and heal him from a life threatening parasite while traveling in India. He dedicated his life to sharing this sacred knowledge of healing with plants, and has helped thousands of people worldwide. He writes and produces his own healing music. Additionally, he has undergone deep study of classical yoga while living in the lower Himalayas of India and incorporates yogic wisdom into his practice.

Music by Aum Prakash

[OH YES, SO BLESSED](#)

[YAKU SAGRADA](#)

[SHIPIBO ICARO GUIDING VISIONS](#)



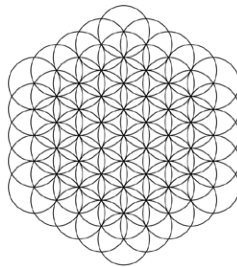


## Cooking Classes

## Organic Body Product Classes

Come Nourish and Heal from the outside in and the inside out. Learn to prepare 3 simple and healthy dishes in this workshop with OmniLove. With every bite we have the possibility to heal and improve our bodies and minds. Let's make food our medicine!

We will also be offering a workshop on how to make your own organic non-toxic body products. This will include making our own BODY SCRUB, BODY BUTTER, & TOOTHPASTE. If you wouldn't eat it, why put it on your skin or in your mouth. Together we will create healthy products that are safe, high vibrational and edible. :)



## ~Total Retreat Donation~

\$2500 per person (NON-REFUNDABLE \$1000 deposit required to reserve your space, due no later than Feb. 22nd 2017).

TO MAKE DEPOSIT or for any questions, please send an email to;

[Rainbowlotus808@gmail.com](mailto:Rainbowlotus808@gmail.com)

**Included:** All accommodations, Workshops, the CLEANSE PROTOCOL, organic food and juice, healing sessions, island adventures, airport pick-up and drop-off.

**Not Included:** Airfare

(YOU WILL FLY IN AND OUT OF HILO AIRPORT, BIG ISLAND).

Please plan to arrive on March 15th and depart on March 25th.

If you need to fly into or out of KONA, there will be an extra \$150 each way per person charge.



Please contact us with any questions you may have about the healing retreat. There are limited spots available for this retreat, so if you are interested in joining us, please let us know as soon as possible.

~Blessings of Aloha beloveds~

For questions and to fill out an application, contact OmniLove:

[Rainbowlotus808@gmail.com](mailto:Rainbowlotus808@gmail.com)