



# LIVE BLISSFUL HEALTH RETREAT

with *Barbara Badolati*

Nov. 10-15, 2018

Baja California, Mexico

For more information visit [LiveBlissful.com/Bliss-Retreats](http://LiveBlissful.com/Bliss-Retreats)

\$1997 / person includes everything  
\$1797 / person - 2 to a room  
+ Your flight to / from San Diego

*Limit of 12 rooms  
for this rate!*

## YOUR PROGRAM WILL INCLUDE

- 5 night private, luxury ocean view suite with balcony
- All meals & snacks - delicious, organic, gluten & dairy free
- Organic green juice, teas, golden milk & wheat grass
- Private shuttle to & from San Diego Airport
- Natural fiber clothing each day
- Organic and vegan toiletries
- Rebounder and Chi machine in your room
- Personalized Sanoviv tote bag, water bottle & recipe book
- Organic sheets and towels
- Unlimited use of infrared saunas and Thalasso pools
- Seaside jogging / walking track
- Library, guest computers / internet lounge, boutique
- An unforgettable experience with lifetime memories
- HEALTH ASSESSMENTS : Body Composition, Glucose Test, Fitness Assessment
- INDIVIDUAL SPA TREATMENTS : Reflexology, Swedish Massage, Sense Facial, Bio-Energy Therapy, Health Coaching



## GROUP PROGRAMS

- Organic gardening
- Various food prep classes
- Detoxification lectures
- Energy medicine
- Stress management
- Dental health
- Fitness : rebounding, stretch, pool, swiss ball
- Yoga : all-levels, gentle, laughter yoga
- Meditation
- Sound bath : singing bowls, ocean, bells, silence

REGISTER TODAY

[LiveBlissful.com/Bliss-Retreats](http://LiveBlissful.com/Bliss-Retreats) or Email Barbara at [bb@LiveBlissful.com](mailto:bb@LiveBlissful.com)