



Kylie
Courtie



www.fitnessmatters.com.au

It is Kylie Courtie's personal intention to educate and inspire people to live a happy, healthy and wealthy life. As a coach, she is committed to you producing the results you want—that's why they call her 'Kick Ass Kylie'. She is the Director of Fitness Matters Franchising and is passionate about business, health and fitness, and helping others achieve their goals.

Sessions with Kylie

Goal Setting: If you aim at nothing you are guaranteed to hit it! If you aim for the moon, even if you miss, you will land amongst the stars. This session is designed to have you evaluate what is really important in life and ensure that you have a plan that will empower you to focus on the important areas of your life and reduce or even eliminate the time wasters. A great way to start your retreat to have you feeling powerful to live a life you absolutely love.

Leadership & Love Languages: Women are leaders in so many areas of your life. Whether it be in your business, career, with your family and children, it is essential that you have skills that will empower you to deal with the challenges that life throws at you. When you can live life powerfully you will not hang on to that excess body weight and you feel great which means you can help others in your life be great too! Five Love Languages is a powerful tool for connecting and communicating with all the people in your life.

Time Management: People don't plan to fail, they simply fail to plan. This session is designed to set you up for when you leave the retreat to be in action and have everything you want. Instead of getting back to the real world with some motivation and then back to the 'norm' the next day, you will be able to implement what you have learned from day one and look at what challenges will get in your way so you can have a plan on how to manage them before they stop you.



Tamika
Hilder



www.holisticwellnesscoaching.com.au

Tamika Hilder is a leading authority in the fitness industry on the psychology of weight loss. She is the creator of *Think Your Body Slim*, a permanent, natural and diet-free solution to weight loss. After presenting for Australia's premiere fitness convention *Filex*, Tamika is a highly sought after speaker. As a writer for *Oxygen*, *The Art of Healing* and other national magazines, her passion lies in the education of the mind-body connection related to weight, eating and body image issues. She is the director of Holistic Wellness Coaching, and a transformational coach who assists her clients in unleashing their magnificent true self and achieving their potential. Tamika is an expert at assisting her clients in removing the deeper emotional and mental blocks preventing them from achieving health, happiness and success.

Sessions with Tamika

Think Your Body Slim: Tamika shares with you leading-edge information on how emotional and psychological stress contribute to emotional eating, unhealthy eating habits and emotional weight. She discusses the various psychological and emotional blocks to weightloss and then takes you through a group clearing session.

Body Wisdom: Learn here how to listen to the needs of your own body and eat intuitively. Let her inspire you to drop the negative self-talk and fall in love with yourself and your body. Finally the opportunity to love your body no matter what size, shape or weight you are. Research now tells us that happiness and relaxation assist weight loss. Learn how to let go of the negative self-talk and welcome a confident, happy new you!

**Book your place NOW.
Only 30 places available.**

Kylie 07 3408 6000



Women's Weightloss & Wellness *Retreat*



*Think, eat and sleep yourself slim
Lose weight the relaxing way!*

Tranquil Park, 483 Mountain View Rd, Maleny
4-6th November 2011

Struggle to lose weight despite diet and exercise?

We hear you and you are not alone. Diets are not the answer! Whole foods, body-mind wisdom and understanding your needs are!

During this delicious live-in retreat you will learn the secrets to easy, permanent weight loss. Learn why your weight can yo-yo, and how to effortlessly reset your body's internal set-weight-point to maintain a lean body mass.

Experience the benefits of a natural, alkalising and cleansing diet that aids your body in detoxification and weight loss. Understand how your unresolved emotions and stressful thinking contribute to unhealthy eating and stored fat. See how to transform these patterns.

Re-create healthier relationships with food, your body and exercise. Be coached on how to keep creating a healthy body-image mindset.

Experience two and a half days of blissful relaxation, cleansing and detoxification in a superb rural location. Maintain a healthy, slim, lean, sexy you!

Unwind. Rejuvenate. Reconnect!

Women's Weightloss and Wellness Retreat offers you the opportunity to experience the expertise of three remarkable industry leaders. Their knowledge, wisdom, compassion and inspiration will support you throughout this transformative retreat.

Heal once and for all your body, weight and food issues!

- A detoxification and cleansing dietary program.
- Psychological coaching on the mind-body connection related to weight loss and emotional eating.
- Gentle daily exercise, Dancing into Ecstasy and meditation.
- Cooking classes and recipes to alkalise and energise your body.
- A practical step-by-step weightloss program tailored just for you to implement after you leave the retreat.
- Naturopathic tips on weight management.



Annie
O'Moon-Browning

www.myhealthsanctuary.com.au

Annie O'Moon-Browning, Director of 'My Health Sanctuary' in Bardon Brisbane, specialises in the Herbal Naturopathic and Homeopathic treatment of Women's Hormonal balance, Natural Detoxification and Natural Weight Management. Annie has practiced Natural Medicine and Colon Hydrotherapy and has lectured Natural Medicine in South-East Queensland for the last 25 years. Annie facilitates women's personal consciousness retreats and seminars and shares bi-annual programs in 'Dancing into Ecstasy'. Annie is passionate about assisting women to live authentically and consciously. She is deeply committed to supporting women back to vibrant health and well being.

Sessions with Annie

'Dancing into Ecstasy' is non-competitive, non-performance based authentic dance. Each class is unique and promotes a profound sense of fun peace harmony and well being. In opening to love, we can learn more deeply about relationships, partnership, marriage and strengthen and grow our other primary relationships. Inviting a childlike spirit within to express the joy and fun of inner grace we will embrace an evening of spirited dance and play.

Detoxing, pH and thyroid care for weight management

Annie will share essential information on how to detox and change your pH to increase weight loss. Improving your bodies metabolism increases your fat burning. Also, the hidden issue to weight gain and an under active thyroid will be illuminated in this session.