

The Art of Health Restoration Conscious Creation Retreats - Fiji For 11 NOWs (days) of Pure Bliss

A LIFE-TIME EXPERIENCE!!

Welcome to YOUR Ascension Journey!

JOIN OUR CONSCIOUS CREATION Mentors IN the Beautiful & Secluded Savusavu, Fiji For ONE-on-ONE Mentoring TO COMPLETELY SCULPT YOUR BODY, MIND, HEART & SOUL INTO THE CREATION YOU DESIRE

Bula~

We are delighted you have decided to experience a life enhancing journey with us. You will learn each and every NOW how to create and live a healthy and vibrant lifestyle. You will learn to incorporate the True ART of Sculpting your Body, Mind, Heart, & Soul. You will leave with a better and deeper INNERstanding of how to truly raise your Unconditional Love Vibrations for a healthier and happier YOU, thus creating a healthier planet for the betterment of Humanity. You will enjoy 1 on 1 mentoring for new perceptions of life. You will also enjoy nature hikes to get grounded on a daily basis as well as activities that are listed below.

We assist you to INNERstand how to embrace the essence of meditation and prayer as well as how to manifest your desires to consciously create your dream reality.

Your 11 day schedule is divine and ALL INCLUSIVE! Everyone experiences the same activities and mentoring each now. This is a group of togetherness to get to know one another in a deeper soul fueled level. You will get to enjoy some 'alone' time for you to meditate and dive deeper into your soul or just to enjoy the essence of Mother Gaia's 'good ass prana'.

Are you ready for the life changing experience and restoration of your life?

Experience Fiji To Consciously Create
YOUR Best Life NOW!

Much Love, Happiness, & Harmony
From us to you!

Our retreats are for the adventurous to SEE the Unseen. Our experiences are for those who desire to dive deeper into their core to discover where their being has been all along. Our experiences are designed to be FREE from the Matrix of traditional 'timely' functions.

Your Harmonized Facilitators,
Isabella Lynnette, Selina, & Max

Experience Investment
Introductory Offer:

11 Day Retreat: Investment: **\$6333.00 USD per person**. All inclusive. Except airfare from US to Fiji. (**Airfare IS included from Nadi to Savusavu**) We do have assistance for special rates from LAX to Nadi for airfare. Please let us know if you need us to get you connected with our Fijian airfare team. If you would like to bring 2 or more, then the rates will be adjusted for the number of guests and type of room you desire.

Accommodations: the one and only Eco Friendly La Dolce Vita Resort in the beautiful and secluded Savusavu, Fiji. All in which are shared double rooms. Therefore, let us know if you are a couple or a group. 😊

Early 'Free As A Bee' special discount! Please refer to website for EARLY FREE AS A BEE offerings. Reserve before May 21, 2025.

*A Deposit of **\$2,222.00** is due upon registration. Balance should be paid in full two weeks prior to departure. We will send you an easy pay link.

***Booking conditions:** \$55 cancellation fee. A refund of amount paid, less the cancellation fee if cancelled more than 33 days prior to the retreat date. No refunds if cancelled 32 days or less before the retreat.

It is also important for you to contact our team with any questions. Also, let us know who you booked through. If you booked via one of our coaches, please let us know with whom. **If you booked via Any Online Retreat Service, let us know when submitting your questions as well.** 😊

Experience Includes:

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- ✓ All Life-Giving Meals and snacks
 - ✓ Air transport from Nadi to Savusavu, Fiji and transport to resort
 - ✓ All excursions to and from locations
 - ✓ Sectional Group Coaching/Mentoring from our select coaches
 - ✓ Success strategy sessions –Guiding you through your core to remove blocks that hinder creating your ideal reality.
 - ✓ Create your vision and intention boards and personal journals
 - ✓ Mind & Heart sculpting to help you obtain your best creation of YOU, ever!
 - ✓ Daily protocols to help you transition from the toxic world to clean lifestyle habits
 - ✓ Nutritional coaching
 - ✓ Daily Yoga for beginners as well as advanced levels
 - ✓ Daily Hikes for meditation and breakout sessions for mentorship
 - ✓ Hard copies of all 3 of Isabella Lynnette’s books, Fand Selina Delangre’s book: In Her Element
 - ✓ PDF Toxic-Free cook-book offered by Fitness expert, Catherine Mary
 - ✓ An essential ‘Bula Bliss Bag’ with amazing goodies and products
 - ✓ 1 full body massage
 - ✓ 1 reiki session
 - ✓ 1 Reflexology session
 - ✓ Additional Spa services (TBD as we decide our Nowly activities)
 - ✓ 1 or more Mud Bath treatments
 - ✓ Outdoor steam ‘sauna’ with a cold mineral bath to follow
 - ✓ Sound Healing Saltwater Soaks/Meditation
 - ✓ Kayaking/SUP
 - ✓ Snorkeling and snorkel gear
 - ✓ Waterfall hikes
 - ✓ Sweat Lodge ceremony & Bon Fire and drumming ceremonies
 - ✓ Traditional Fijian Meke and Lovo to experience the true essence of the culture
 - ✓ An experience to explore avenues to restore your body, mind, heart, & soul.

What is NOT Included:

- Alcoholic beverages

- Airfare to Fiji (Ask us to help you book the lowest dollar with our Fiji Agents)
- PRIVATE mentoring sessions with a coach of choice, after the retreat. You will be responsible to invest in any additional mentoring or services that you desire to obtain.

Email with inquiries for any questions: mybestlifefiji@gmail.com

**Contact Patricia Brown for any assistance: 954-696-3988 or your Conscious Creation Coach with whom you have inquired or booked through.*

****Please take note: ALL DATES ARE FIJI CALENDAR DATES.**

You will enjoy ELEVEN FULL NOWs of pure bliss. This means that you should arrive the DAY BEFORE the start date and leave AFTER the 11th day. We will help you book your plane tickets accordingly. Your accommodation WILL indeed be covered for the night/day before & after. We will take care of your transport from the airport to the resort. You should book to arrive in Nadi, Fiji on the day BEFORE the retreat begins. We will have a transport team awaiting your arrival to assist you in getting to Savusavu. Orientation will be the eveNow of your arrival. We will have a light dinner during orientation.

The items to pack and bring are very light. You will not need a beach towel. The attire is very casual and simple for Savusavu. You may also choose to bring a checked bag for any other goodies you may want to get while here. We do have large suitcases available at the local shops in the event you need extra luggage to carry items home. You will want to leave room in your cases to bring back all goodies you will get during your restoration experience to begin your new desired dream life



ITEMS YOU SHOULD PACK:

- Good walking /hiking shoes. We prefer eco-friendly and coral friendly flip flops (take note, we do a lot of walking. Therefore, bring along proper hiking shoes.)
- Eco-friendly coral walking shoes. These should be used for swimming as well.
- Back Pack for excursions
- Water bottle
- Thin long sleeves or light jacket and long pants for those cool ocean breeze evening events.
- Toiletries : Lip balm, tooth brush & paste, deodorant, (You will be provided with shampoos, conditioner, soaps & coconut oils)
- PLEASE, if you choose to bring sun-screen, we ask that you make sure it is ECO Friendly to protect the coral reefs & oceans as well as YOUR health. We do have eco sunscreen available as well.
- Swim suits (you may want more than one)

- Shorts and shirts or sun dresses, please bring a shirt to cover the shoulders. (It is customary to be modest while entering our villages)
- A hat & sun-glasses if you desire

*Possible Risk/Hold Harmless Agreement

There is very low risk in Fiji. This island is free from land snakes, poisonous spiders, and most animals would not seek to harm you. There are no outbreaks of diseases here or bad viruses. No vaccinations are required to enter or leave the country.

- We will have an orientation on the day of arrival to cover any possible scenarios and island knowledge.

A few things to watch out for in the ocean/sea are:

- **Corals:** Some corals are poison. We must only observe the wonders of God's Aquarium and refrain from touching corals as they can be toxic to the body.
- **Sharks:** There have been very few reports of shark bites or attacks in Fiji, especially where we will be staying. Reef sharks and white tip sharks are mostly harmless. Please admire and respect the marine life at all times.
- **Sea Cactus/Crown of Thorns Starfish:** These creatures look like thorned starfish, their spikes are very toxic. Observe the wonders of the underworld without touching.

We do have remedies for most mishaps that may happen. Rest assured that we will have your safety in mind at all times. Again, these restoration / conscious creation retreats are for the adventurous. Our retreats are full of experiences in Mother Gaia with her amazing nature.

God is always present!

- **The few things to watch out for on land are:**
 - Falling coconuts or coconuts on pathways to trip on
 - Broken glass washed up on the shores
 - Mosquitos (We do have mosquito netting around the beds)
 - Dangué Fever: This is a rare fever, HOWEVER, if you are highly allergic to mosquitos or any other insects, then you will want to take extra precautions to protect yourself from being bitten. We do offer mosquito nets, mosquito spray as well as a remedy in the event you get this fever.
 - Wasp/Hornets (We do have natural bug repellent and bug bite remedies)

- As with entering any country you have never been to, please respect Mother Gaia's wonders of Nature. We ask that you take precautions. If you are highly allergic to mosquitos/stings, please advise us. If you are allergic to anything, for that matter, please advise us. We do have remedies on premises in the event of allergic reaction or other slight mishaps. You may want to consider an insurance policy to carry with you.

- ***Please also note that YOU are agreeing to come to our *Art of Health Restoration Retreat* in the secluded Oasis of Savusavu, Fiji for over 11 days. You agree to release any responsibility from our Rainbow Warriors Team in the event of any accidents that may occur.**

We are all responsible adults. Therefore, we agree to take safety precautions at all times. We will have immediate 1st aid kits as well as herbalists and doctors on call for any situation.

Print this form, sign it, scan and upload it then kindly email your signed agreement to:

mybestlifefiji@gmail.com ATTN: Patricia Brown

*****You can also e-sign this form to email back to us.**

Your Autograph

Date:

Schedule of Experiences.

As we live in the NOW time, there is no set schedule when it comes to weather, events, and being in tune with our daily experiences. Therefore, we ask in advance for your INNERstanding when things seem a bit slow or later than expected. The Time Is Always NOW...thus always being 'on time'. With that being said, here is a tentative outline of what you may expect. 😊

Day of arrival: Dinner and Orientation and room check-ins

Evening of arrival: Sacred ceremony to begin our journey. Approximately at 8p.m.

Each morNow beginning August 1:

5:00 - wake up and morNow tea/coffee

5:30 - meditation

6:30 - participate in Yoga and/or stretching

7:15 - Cardio work out by Max

8:00 - MorNow smoothie, fruits, and a light breakfast

10:00 - Excursions

12:00 - Light lunch and snacks

1:00 - Mentor walks, break out sessions and excursions for

remainder of the NOW

Yoga will be each morNow with another lighter yoga/meditation session in the eveNow. We will participate in bon fires, drumming circles, prayer sessions, and getting to know one another on a deeper soul level each eveNow.

We will participate in a Sweat Lodge hosted by local Healers one of the eveNows.

Meditation will be 3 times a day.. Hiking will be daily waterfall hikes will be almost daily along with swimming and sun gazing Snorkeling will be a few times during your 11 day journey. We will enjoy outings to the local areas to experience the true essence of Fijian cuisine

Group coaching/mentoring will be presented each day by our designated coaches of the day. Most all of our coaching sessions/mentoring will take place outside with Mother Gaia.

We appreciate you for embracing the NOW living. We will be discussing the NEW NOW language that was created by our Founder, Isabella Lynnette. This new NOW language is also known as her Gypsy Vocabulary that has come to be known as her GYPSIONARY VOCABULARY.

The words of the NOW. We encourage you all to take note of these to incorporate them into your every NOW lives. We will present to you the Gypsionary Vocabulary during orientation. 😊

Again, we are SOUL Delighted you have chosen us to be your guides for your ascension journey. We look forward to being together and connecting on a deeper, more energetic level.
Love Always in ALL Ways - Vinaka VakaLevu

***THE TIME IS NOW!**

*** LIVE HAPPY. BE PURE!**

*** CONSCIOUSLY CREATING**

We Appreciate YOU because...

YOU Are Amazing

YOU Are Awesome

YOU Are BeaYOUtiful

YOU Are Loved!

We look forward to meeting you beaYOUtiful Souls

In Healthy Creation,

Your Conscious Creation Coaches and Coordinators

Selina, Sherry, and Isabella Lynnette & Max & Patricia

