



*health retreats where you really matter*

## WHITSUNDAY DREAMING



VIBRANT LIVING  
RAW WITH LIFE - AUSTRALIA

*Luxury Catamaran Cruise · Island Getaway · Exotic Vacation · Tropical Foods*



Dream of time out? Relax as the warm winds massage you to a deeper place. A place of nurturing, rejuvenation. Dream

*DREAM ON* a more vibrant energy filled

life. Dream no more by joining us on our personal tours around the 74 islands in the tropical Whitsunday Group, including

a visit to what has been awarded the *best beach in the world*. With just 5 other guests and nearly as many crew you will experience a fun, educational journey that has been described as no less than transformational. Capable and experienced hands will lead you

*Let us help you find*

**PAR**



*Exotic* LOCATION

*Island* GETAWAYS

*Tropical* TRANSFORMATION

*Gourmet* LIVING FOODS

*Personal* ATTENTION

How often have you taken a well deserved break and return home to soon find yourself back to where you were before your excursion? We promise that this trip will be different! With all that fresh air, delicious food, daily discussions in healthy living and detoxification, regular yoga, body work and nature walks you will return a transformed person. Everything, including the famous Not Cooking School is optional so you may sleep, swim, walk or read in the luxury and comfort of a million dollar sailing vessel. If you are the more adventurous type you may prefer to get 'hands on deck'. Whatever you choose, we will ensure you are catered for with joy.





*“Sailing in the Whitsunday’s with Paul and Barry was the most invigorating yet relaxing experience of my life. I can not think of a better way to take my holidays. In amongst a hectic work schedule I felt completely looked after and renewed after eating beautifully prepared food sailing in paradise.” T. Fowler, Sydney*

## *LIVE THE LIFE*

*your piece of*

# ADISE

### **THE VESSEL**

Sailing a catamaran such as this is a breeze as it is known for its stable and flat sailing abilities.

The cockpit is well sheltered and you can sit back and relax while underway. While moored the wide spacious decks give you great freedom for movement.

The deck saloon is wide, light and airy. Each double cabin has its own en suite. The vessel is completely outfitted, including powerful engines, complete electronics package, generator and air conditioning, for great

performance under power and sail.

### **GOURMET RAW FOODS**

You are in the presence of Australia’s famous and finest Living Food Chef and Nutritional Expert who will prepare meals just perfect for you. No holds are barred in ensuring you have the most exotic and replenishing foods to support your journey.

### **DIVE & SNORKEL**

As you will be in some of the world’s best diving and snorkeling location you may want to visit daily these life abundant tropical waters. Strong swimming abilities are not required.



### **RESERVATIONS**

Our trips are personalised and small - a maximum of six guests. We ask that you secure your place NOW with a deposit. Full payment required within one month of departure. On receipt of your deposit you will receive a questionnaire and a call from your crew to ensure your trip is just perfect for you.

*B o n V o y a g e .*



*Paradise lost has now been found.*

*For travel information: **call** 07 5522 4675 or 0405 129 200  
**email:** [retreats@alivefoods.com](mailto:retreats@alivefoods.com) or **visit** [www.alivefoods.com](http://www.alivefoods.com)*



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