

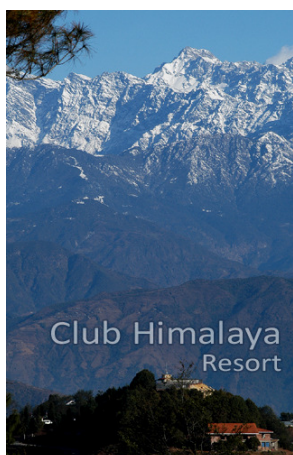
The Wealthy Spirit Retreat

18 – 24 September

Nagarkot, NEPAL



The Wealthy Spirit Retreat is all about exploring spirituality and how to live a spiritual life in a physical world, while creating the physical abundance you richly deserve.



Ever wondered what is the meaning of life? Or, why do things happen to some people and not to others, good or bad?

Or, how you can create a life of meaning and purpose for yourself and maybe help others to do the same, if that's what you decide?

Or, what does it really mean to achieve peace? Surely you can't be in a state of peace all the time, can you? Can I? What is spirituality? How can you be spiritual and live in this materialistic world at the same time?

What about those people who really get up your nose? Can you let them go and still feel good about yourself? What if that's your mother or your father, or your child? What then?

If you have ever pondered these big questions about life and how to live it, then you have come to the right place.

And certainly, to ponder these questions in Nepal at 7,500 ft at Nagarkot's Club Himalaya, would have to be one of the best locations you can find for contemplation, recreation, soul-searching and knowledge.

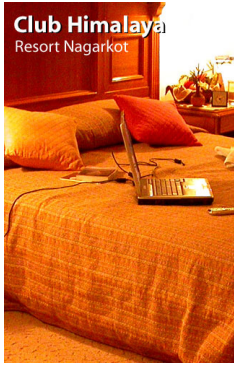
So, how does this sound?

- Views like you wouldn't believe, over the ever-changing cloudscape and beautiful green hillsides, and rice fields.
- 7 days, 6 nights of gorgeous accommodation at Club Himalaya Resort at Nagarkot, Nepal
- All meals are catered for, so you can feel relaxed about food quality and hygiene
- Spa therapy treatment of 1/2 hr foot massage is included
- Daily yoga program led by your experienced yoga teacher
- Daily meditation led by Narelle
- 4.5 days of Learnings, group activities and discussion led by Narelle
- Half day sight-seeing in Bahktapour
- Full day sight-seeing in Kathmandu
- Spa therapy treatment of 1 hr massage is also included
- All transfers to and from the airport and hotel are included
- All government taxes and service charges are included

<http://wealthy-spirit.com.au/registration/>



General Information



6 Soothing Nights and 7 Scintillating Days of Amazing Experiences, Soulful Insights, Breath-taking Scenery and Luxurious Pampering with generous dollops of free time for sight-seeing, rest, reflection and sharing, are all included for your delight.



The retreat will be held in 4* accommodation at Club Himalaya, Windy Hills, Nagarkot at 2175 mtrs or 7200 ft. above sea level, an ideal height for acclimatization before trekking in high altitudes or going to Tibet.

There are 360 degrees of unrestricted views of Kathmandu, Lalitpur, Bhaktapur, Sankhu, and Changu Narayan in the West; Mt. Annapurna in the North West; Mt. Everest in the North-East; Indrawati Valley in the East; and the Nagarkot Hill towards the South.

The Wealthy Spirit Retreat is all about exploring spirituality and how to live a spiritual life in a physical world, while creating the physical abundance you richly deserve.

Advance Your Spiritual Growth and development, through Principles of Consciousness applied to your Mental, Physical And Emotional well-being.

Return home filled with Love, Light and Laughter!

THE WEALTHY SPIRIT RETREAT



This retreat offers a unique facilitator, centuries old knowledge and practical solutions for living a wonderful life, every day of your life. Everyone is invited to join as it is my passionate desire that you leave with skills for incorporating this fascinating wisdom into your day-to-day life, to empower you to create the life you want to live.

Narelle Stratford teaches Principles of Consciousness based on the work of Dr Rosita Rodriguez of Arche International (with permission) and is a registered Psychologist and Master Practitioner of NLP, Timeline and Hypnosis.

Sunday Day 1:

Arrive Kathmandu and transfer to Club Himalaya at picturesque Nagarkot for your welcoming reception with your group members. Enjoy a late afternoon meet and greet before dinner, and then sleep well so you are ready to start the first day of the rest of your life with yoga and meditation.

Daily Schedule commencing Monday:

- ✓ Daily Yoga and Meditation – approximately 6:45am start
- ✓ Meals and session length: Breakfast 8:15, Lunch 12:30, Dinner 6:30
- ✓ Morning sessions – 9:15 am start - approximately 2 hrs, sometimes a little longer
- ✓ Afternoon sessions – 2:30pm start - approximately 2 hrs, sometimes a little longer
- ✓ Spa treatments will usually be held after lunch and before afternoon learnings, or after the afternoon learnings

"This wealthy spirit retreat has given me amazing tools to work with. I am going back a new and loving person and not going to waste my amazing energy on the unchangeable things in my life. I have learnt to embrace the now and live in the now with an amazing zest for life. I will strive for the things I want and manifest them from today." DL, South Africa

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Monday Day 2

Morning: Principles of Consciousness

- What is consciousness? Is it simply awareness and if so, why is autopilot a problem?
- What does Spirituality mean?
- Is being Psychic the same or different than Spirituality?
- The Higher Self - what it is and how it functions in our life

Afternoon Learnings

Continue the theme of Principles of Consciousness with discussion and interactive exercises

- Are you in alignment with your values relating to all facets of yourself and your projected identity?
- Are you being true to your soul and faithful to your integrity?
- What inner conflict are you experiencing?
- How does this affect your ability to manifest?

"Everything was really wonderful and excellent overall. The spa was superb and all of the staff were so friendly at the resort. Narelle and Jennifer balanced each other out nicely. The classes were extremely well presented and interactive for us. I learned a lot and received many tools to apply to my daily life. I highly recommend this retreat there is something for everyone!" SH, Canada

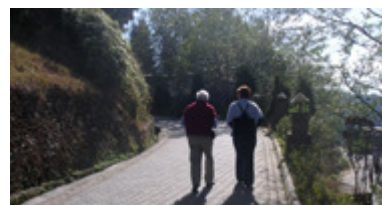
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Tuesday Day 3

Living in the Physical World: Conscious Self, Subconscious, the Ego, Health and Healing, Conscious Living

Morning Learnings

- Your Conscious Mind - is this who you really are?
- Conscious Leadership
- Ego - it's not a dirty word



Afternoon Learnings

- Your Subconscious - who and what it is and the absolute importance of what it does for you
- Pain management on a Physical, Mental and Emotional level
- Healing and self-healing to live a healthy, happy life
- Communication and Living Consciously in an unconscious world

“Kumara Sakti is how I would describe the Golden of Eden. In tune with one’s self, a beautiful balance, I will return. Namaste Om Shanti Om.” and this, from the same participant, “I thought it was varied and filled my expectation, and more!” CAS, Australia

Wednesday Day 4

Learnings, then have fun playing Tourist in Bahktapour in the afternoon

Subconscious Creativity and Manifestation of Reality

- Creativity - who does it?
- What do you really want?
- Are you creating what you don't want?
- How to manifest the life you want to live - the practical steps
- What does living congruently have to do with manifesting your desired reality?



Afternoon Sightseeing in Bahktapour

After Dinner Discussion

- What is beyond the Physical World?
- Do you know the dangers of going beyond the physical body?
- Are you fully protected? And from what?
- Questions and Answers on the Learnings so far

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Thursday Day 5

Kathmandu sightseeing excursion

Our tour guide will take us to known and loved special places in Kathmandu, and we will be out for the whole day.

Friday Day 6

Living Spiritually in the Physical World

Morning Learnings

- Religion and Spirituality, Vows, Commitments, Decrees, Declarations: have you made any? How does this powerfully impact on manifesting your reality?
- Have you committed yourself to Chastity, Poverty, Total Obedience?
- Does making these vows in other lifetimes, affect this one?
- Releasing and resolving outdated beliefs and patterns

Afternoon Learnings

- Putting the pieces of the jigsaw puzzle together for spiritual and conscious empowerment of your life’s real design
- Abundance Playshop on manifesting your physical reality while living your spiritual essence

Day 7 – Last Day

Morning: Closing gathering – it is important that you stay for this last gathering together as we will continue our work and exercises.

- A story to close with on fitting everything into your life
- Connections
- Questions and Answers
- What's next? How to continue your journey and information on the next retreat

11:00 Farewell Brunch – note time

12:00 Check out of your room

Wow! What a trip of a lifetime! Can you imagine yourself on this trip? Perhaps you and your partner, or your best friend? A time to not only learn and grow, it's also a time to rest, rejuvenate and plan a bright and abundant future.

<http://wealthy-spirit.com.au/registration/>

With what's on offer, how much is it worth?

1. Usual price for 4 star Accommodation: \$145 night x 6 nights
2. Meals: \$50 – \$100 a day x 7 days
3. A day and a half of sightseeing, including entrance admission fees, guide, transport etcetera : \$300
4. Approximately 18 hrs of solid teaching from Narelle: \$18,000 (Narelle charges a corporate rate of \$4,000 a day)
5. Spa treatments: \$50
6. Yoga sessions: \$90
7. Airport transfers: \$100

That's a total of almost \$20,000! But, that's not what you'll pay!

Your price is not \$15,000 or \$10,000 or 5,000 either.

It's only \$2,997 for a single!

And if you want to bring a mate, sorry Aussie term, a friend with you,
then you can for only an extra \$1,200! Saving \$997!

This means that you'll only pay **\$2098.50 each, saving you a massive \$898.50 between you.** What's the catch? There's no catch, each of you simply pays your \$300 deposit, and then the balance in full, in the next 30 days to give you an early bird discounted price.

Another testimonial email from a Bali participant, post-retreat:

"Just a quick note to send you all my love, hope you are all going well. I adored the retreat and am working hard at applying what I learnt. I use the "my feet are relaxing" every night at bed time and I never make it very far! Thanks again Jen and Narelle. Xxx" KB, Brisbane on The Wealthy Spirit Retreat, Ubud, Bali

How about an easy instalment plan instead?

Or, you might want to pay it off, with 4 easy instalments over 4 months, firstly a deposit of \$300 to secure your place, and then 3 easy monthly payments of \$1099. This is a total of \$3597 spread

out over 4 months. **You will save 20% by paying your deposit and paying it off in full within a month.**

If you are coming with a friend or partner to share with, then per person that works out to be \$300 for the deposit, and 3 x \$739.50 easy monthly payments per person. **That totals \$2518.50 each, so it still saves each of you \$478.50.**

“It certainly was a fantastic retreat, which is a reflection of Narrelle and Jennifer who ran it, Thank You, only two words, but big meanings. As for our group seemed to be hand picked, everyone so compatible, loving, caring people. When my mind goes back to Kumara, I am sure my face says it all, with a little smile, contentment. and sheer bliss. Take care my beautiful friends with much love.”

CAS, Australia on The Wealthy Spirit Retreat, Ubud, Bali

These payments must be finished by 4 weeks prior to the retreat, so if you are booking with only a couple of months to go, your payments will be adjusted into equal amounts divided over the remaining time.

If you are booking within 4 weeks of the start date, you will need to pay in full.

Our preferred payment processor is PayPal, used safely by millions of people around the world, with safe and easy systems to move money. Get yourself organised with a PayPal account now, because it's fast, easy and highly secure and you can use debit and credit cards within the PayPal system.

Other items that are not included and you will need to pay for separately: vaccinations, airfares, travel/health insurance, arrival/departure visas, laundry, arrival or departure taxes, phone calls and meals and drinks in transit to or from Kathmandu.

Please check with your doctor or go to the Nepal official website to find out what vaccinations may be required. It would be a breach of ethics for me to advise you in this regard, so please do not ask for my opinion.

On receipt of your registration, you will be sent an email requesting that you transfer funds via PayPal. If you really do not want to use PayPal, then please contact me via the Contact form to discuss.

I'd love to hear from you and the sooner you book, the sooner you can get cheaper flights by booking well in advance.

Interested? Cope and paste the link below, for a trip of a lifetime!

<http://wealthy-spirit.com.au/registration/>

Make this the one trip in this life that you will really remember.

