



<http://www.fountainhead.com.au/fit4life.html>

Phone: 07 54943494

## Mini 8 Day Retreats – Fit 4 Life

For help with general health and fitness we have our **Fit 4 Life** programs. This program is for 8 days arriving after lunch Friday, and concluding after breakfast the following Friday. These programs are designed to help you kick start, enhance or maintain your fitness efforts. Most of the program except meals and group walks are done individually.

For your weekend you may settle in, use our steam room, and pools - lap and hot mineral water, go for some long walks, ready to start a more strenuous part of the program.

From Monday you have two daily group exercise activities plus your own trainer each day The **Fit 4 Life** program from Monday commences daily with about two hours of group physical activity. Bush or beach walks, stretch classes and be followed with a further hour of group fitness in the afternoon. In between you relax by the pool, use the steam and plunge or take a quiet corner with a book to relax your muscles in between activities.

Monday through Thursday. Use the far infrared sauna each day to help detox, and maybe do at least a few days on the organic juice detox (optional but recommended). Four 50 minute massages to help with those tired muscles.

### Optional Extras

All programs may commence with our weekend seminar, "The Cause of All Stress" (\$500 extra) or our "Introduction to Mindfulness Meditation" (\$245). This is your mental exercise and deals with motivation and stress levels and self esteem. At Fountainhead Organic, we will teach you why, you are what you think. All accommodation and catering is of course included.

The food is wonderful and of course Organic. Food school is every second Saturday. You may do an Organic Juice detox, (available for 3 days weekly- but the brave may extend).

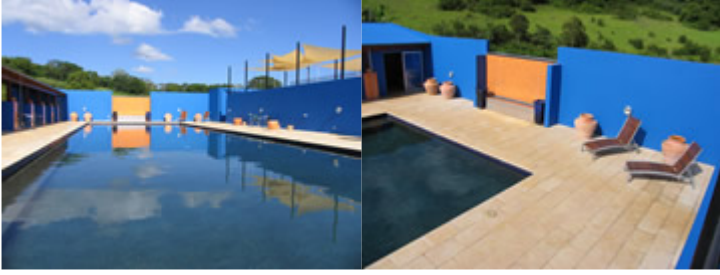
We do not have a Gym, we use our beautiful surroundings and Hot Mineral baths area to exercise.

If you start with the Weekend Cause of all stress Course you may have a Fountainhead Method Trained Life Coach assigned to you to help with any stress related issues, or to help with any habit changes you may wish to address including alcohol, cigarettes, mind less eating etc.

### **Fit 4 Life Program**

- **Eight** day program Budget Accom \$3450  
Standard Cabins \$3950
- **Extend a second week-double the Therapy**  
include one weekend intensive no charge  
Budget Accom \$6450 Standard Cabins \$6950

Please see "[Contact us](#)" page before booking for cancellation policy and terms and conditions, along with Transfer details.



Our "Maleny Retreat Spring Baths" includes a 10m x 5m Natural Mineral Water Bath-heated to 36 degrees C, our new 25 metre Lap pool and Turkish steam room.

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