

Meet the Speakers



Dr. Amy Matecki
FACP. L. Ac



Christopher Randle
Acupuncturist



Linda Clark
Functional Nutritionist



Kim Baur
Health Coach



Cynthia Sandberg
Gardening Specialist



Anna Dacbach
Therapist

Program Cost

\$1090-\$1490 depending on room size

(Dorm, triple, double or single)

(Includes accommodation, meals.)

Use code EarlyBird get \$100 off
before August 1st 2018

Hurry! Limited spots available
Rekhamuralimd.com

“Health is much more
dependent on our
habits and nutrition
than on medicine.”

~*John Lubbock*

**Are you looking for a
detox program?**

Or looking for a health coach?

Call us today (510)724 -6712

Dr. Murali's Wellness Inc.

2160 Appian Way, Suite 105

Pinole CA 94564

www.rekhamuralimd.com



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Physician Wellness Retreat

August 23rd - 26th, 2018



PROGRAM SCHEDULE

Thursday, August 23rd 2018

4:00 pm - 6:30 pm: Dinner and Open Registration

- Receive room keys, program schedule, and map

- Sign up for massages

6:30 pm - 8:00 pm: Introductions, Welcome and Meet and Greet

Friday, August 24th 2018

6:00 am - 8:00 am: **Yoga/Hiking**

8:30 am - 9:15 am: Breakfast

10:30 am - 12:00 pm: Organic Gardening by **Cynthia Sandberg** (take home a kit)

12:30 pm - 1:30 pm: Lunch

2:00 pm - 3:00 pm: **Complementary antioxidant scans**

3:00 pm - 5:30 pm: Massage

5:30 pm - 6:30 pm: Dinner

7:00 pm - 8:00 pm: Games and networking



Saturday, August 25th 2018

6:00 am - 8:00 am: **Yoga /Hiking**

8:00 am - 9:00 am: Quick Healthy Recipes Demo by **Kim Baur**

9:00 am - 10:00 am: Stress Reduction Techniques by **Chris Randle**

10:00 am - 11:00 am: Brunch

11:30 am - 1:00 pm: Stress Management by **Anna Dasbach**

2:00 pm - 5:00 pm: Massages / Hikes / Rest

5:00 pm - 6:00 pm: Dinner

7:00 pm - 8:00 pm: Games and networking

Sunday, August 26th 2018

NOTE: check out of all rooms by 12:00 pm

6:00 am - 8:00 am: **Yoga/Hiking**

8:30 am - 9:30 am: Breakfast

9:30 am - 10:30 am: Food for Thought by **Linda Clark**

10:30 am - 11:30 am: Antioxidant Use for Stress and Immune Support by **Dr. Amy Matecki**

12:30 pm - 1:30 pm: Lunch

End of all sessions

Thank you for attending!

