

Meet the Speakers



Dr. Rekha Murali
Internal Medicine



Kate Bentley
Ayurvedic Practitioner



Kim Baur
Health Coach



Cynthia Sandberg
Gardening Specialist



Anna Dasbach
Therapist



Christopher Randle
Acupuncturist

Program cost

\$990-\$1390 depending on room size

(Dorm, triple, double or single)

Pricing includes accommodation,
meals, all sessions

Special! Use code EarlyBird save \$100
valid till August 1st 2018

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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Women's Wellness Retreat

September 6th - 9th, 2018



PROGRAM SCHEDULE

Thursday, September 6th 2018

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

- Receive room keys, program schedule, and map

- Sign up for massage

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

Friday, September 7th 2018

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

8:30 am - 9:15 am: Breakfast

10:00 am-11:30 am: Stress Management by our experienced therapist **Anna Dasbach**

12:30 pm- 1:30 pm: Lunch

2:00 pm-3:00 pm: Benefits of antioxidants by **Dr. Rekha Murali** get your Free antioxidant scan

3:00 pm-5:30 pm: Massage

5:30 pm- 6:30 pm: Dinner

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

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



Saturday, September 8th 2018

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

8:00 am-9:00 am: Easy 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 -12:30 pm: Aging Gracefully
Using Natural Remedies by **Dr. Sunil Dhawan**

1:00 pm-2:30 pm: Organic gardening
tips by **Cynthia Sandberg**

3:00 pm-5:00 pm: Massage/ Rest

5:00 pm -6:00 pm: Dinner

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

Sunday, September 9th 2018

NOTE: Check out rooms by 12:00 pm

6:00 am– 8:00 am: **Yoga/Hiking**

8:30 am – 9:30 am: Breakfast

9:30 am-11:00 am: Ayurvedic Nutrition by **Kate Bentley**

11:00 am-12:00 pm Toxins in and around us by

Dr. Rekha Murali

12:00 pm-12:45 pm You are Your Best Asset,
Invest in Yourself by **Dr. Cheryl Bryantbruce**

12:30 pm-1:30 pm: Lunch and pack up

**End of all sessions
Thank you for attending!**

