

*Body Renewal
through
Nutritional Eating,
Weight Loss and
Body Movement*

*April 17th - April 24th
at Upachaya
a wellness retreat in the
Caribbean*

Workshop Details

Come join Jen Embody as she leads you through workshops designed to teach you the basics of nutrition and how to facilitate weight loss and maintenance through detoxification, exceptional diet, and enjoyable exercise including yoga, Pilates and hiking in the surrounding jungle.

You will learn skills that will have a positive and profound impact on your life and may dramatically improve your health and increase longevity. Whether you are interested in losing weight, teaching others, or both, you will become empowered to reach optimum health and help others in Jen's fun and rejuvenating workshop.

In addition to this inspiring week dedicated to body renewal, Jen Embody will also offer an optional bonus workshop focused on "Legal Guidelines for Unlicensed Practitioners." This workshop will be conducted in the latter part of the week and is offered free.

Our schedule is subject to change, and below is our current itinerary:

7:00 - 8:15 Yoga and meditation
8:15 - 9:30 Breakfast
9:45 - 10:15 Morning Hike
10:45 - 12:15 Morning workshop
12:30 - 1:30 Lunch
2:00 - 3:30 Afternoon workshop
4:00 - 5:00 Pilates
5:30 - 6:30 Dinner

Check-in for this retreat is Saturday, April 17th with orientation over dinner.

Sunday will be a free day.

Monday through Wednesday and Friday are workshop days. Thursday is a free day.

Saturday, April 24th we bid farewell.

Accommodations and Pricing

This retreat is an all inclusive package with a 10% discount applied to the room accommodations for all GCNM Students, Faculty and Alumni. Two options are available depending on the type of room you choose. Double occupancy \$1,335 (2 to a room), or Dormitory (4 to a room) \$1,155. This package includes: all workshop fees, RT Transfers from airport to Upachaya, three healthy meals daily, \$40.00 credit on any of the spa services, daily Sadhana, Kundalini Yoga, Pilates mat class, guided meditation, and access to all non-ticketed evening events, which may include Salsa dance lessons, a concert by local children on their steel drums, other such local entertainment.

Reservations

Space is limited to 10 guests and will be on a first come, first serve basis. A deposit of 50% is required at the time of booking. Your balance will be due at the time of your departure from Upachaya at the end of the retreat, payable in cash, Visa, MasterCard, or PayPal.

Prices listed in this brochure do not include 16% tourist tax.

All reservations must be made through the Upachaya website at www.upachaya.com. Please contact upachaya.roatan@gmail.com for any questions regarding the weekly package or accommodations, or call Barbara at 011-504-3309-7615.

Our Workshop Leader

*Jen Embody, HHP, NC,
RM*



Jen Embody is an instructor with the Global College of Natural Medicine in Santa Cruz, CA where she earned her Holistic Health Practitioner Diploma and Nutritional Consultant Certificate. She graduated with a B.A. in Psychology and Government from CSU, Sacramento and is working toward her Masters of Science Degree in Holistic Health.

Jen earned her Reiki I & II initiation in Ubud, Bali and her Reiki Master certification from Lightwork Seminars, Intl. in San Francisco, CA. She enjoys helping individuals heal themselves and teaching workshops. Jen's love of travel has taken her around the globe to Singapore, Bali, Thailand, the Phillipines, Australia, New Zealand, Mexico, Europe, Canada, and much of the United States, including Hawaii. She is fascinated by other cultures and enjoys integrating different ways of life.

Physical fitness is a priority for Jen. Regular yoga practice is important and helps her maintain balance in body, mind and spirit. Diving, surfing and snorkeling are also high on her list for maintaining balance in life.

Jen is a member of the American Association of Nutritional Consultants and is registered with the Canadian Reiki Association. She is an ordained Minister and Certified Spiritual Healer with The International Assembly of Spiritual Healers and Earth Stewards (all faiths).

Our Hostess

*Barbara Wastart, KRI
Co-Creator / Developer
Upachaya*

After a long career in the world of corporate America, Barbara walked away to pursue her dream of building a wellness retreat. Upachaya is the fruit of that dream.

Barbara's path through life has led her to a more holistic healthy lifestyle. Her interests in nutrition led her to become a student of The Global College of Natural Medicine where she is pursuing certification as an HHP. Additionally over the years she became Reiki I & II attuned, continues her studies as a Jyotish Astrologer offering charts and consultations, and most recently returned from studying the art of Kundalini Yoga in the Parmarth Niketan Ashram in Rishikesh, India where she received her KRI certification as a Kundalini Yoga Instructor.

Barbara will lead our daily Sadhana, Kundalini Yoga Class, Pilates and Daily meditation.

All that Barbara has learned through her studies she loves to share with others. Her philosophy is the more she shares, the more awakened others become, which leads to more balance and harmony in the Universe.



Travel Tips

You must have a Passport that has a minimum of six months prior to expiration.

Travel to Honduras does not require any special immunizations.

Bring along your sunscreen, preferably PABA free and your natural bug repellent. Both items are also available for purchase on the island.

We recommend flying Continental, Delta or TACA airlines. Roatan is just a 2 1/2 hour flight from Houston.



For More Information contact:
Jen Embody, HHP, NC, RM
Instructor for
Global College of Natural Medicine
jen@gcnm.com
800-605-6520
415-571-8308

Barbara Wastart, KRI, Reiki II
www.upachaya.com
bwastart@gmail.com
011-504-3309-7615
Skype: Upachaya

Reiki 1 & 11 Workshop

Workshop Details

Reiki is a Japanese healing technique using energy channeled through the hands of the practitioner, and it means "Universal Life Energy." The Reiki I and II workshop conducted by Jen Embody will teach you the history of Usui Reiki, how to utilize the Reiki Symbols, how to heal yourself, how to be a channel for distance healing, and certification in Usui Reiki I and II.

The Principles of Reiki

Just for today I will live the attitude of gratitude.

Just for today I will not worry.

Just for today I will not anger.

Just for today I will do my work honestly.

Just for today I will show love and respect for every living thing.

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Check-in for this retreat is Saturday, April 24th with orientation over dinner.

Monday through Wednesday and Friday are workshop days. Thursday is a free day.

Saturday, May 1st we bid farewell.

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