



# EMPOWER YOUR BODY'S DETOXIFICATION SYSTEM

**RETREAT DATE: FEBRUARY 2-4, 2024**

Join us for an all-inclusive retreat designed to cleanse your body, rejuvenate your mind and boost energy levels. Nestled on 113 acres of picturesque rolling hills and natural beauty, The Kingbridge Centre offers a tranquil oasis to retreat, relax, and revitalize.

In the midst of today's fast paced world, our bodies endure constant exposure to pollutants, stressors, and processed foods. When our organs are not performing to their full potential, the toxins are not released naturally. That's when our body starts getting affected due to toxic overload, which can lead to imbalances in our overall physical health and mental well-being.

This retreat acknowledges the body's remarkable ability to undergo biotransformation - a natural process that eliminates toxins and restores harmonious balance to the whole mind-body system.

## RETREAT OVERVIEW

This retreat is designed to educate, inspire and provide you with practical tools to make positive changes and enhance your health and well-being.

- Explore nutrition and lifestyle interventions that support immune resilience and enable you to prevent, manage or improve health issues and optimize longevity.
- Gain a deeper understanding to your relationship with food, its impact on balance, and how it transforms into nutrients for natural regeneration.
- Dive into the intricacies of the detoxification and biotransformation process in the body, with a focus on hormones.
- Learn how detoxification pathways are influenced by genes.
- Understand the importance of blood sugar and insulin in overall health and their role in inflammation.
- Explore techniques that combine neuroscience of meditation, sound, music, visualization and breath to create a relaxed state of focused concentration, strengthen immune system, remove toxins, and facilitate restorative healing.
- Create mind-body cohesion through the profound impact of sound, vibration and music combined with meditation to bring you into present moment awareness, elicit a relaxation response, reduce stress, and rebalance the nervous system.

*Call us at 905.833.3086 or email [revitalize@kingbridgecentre.com](mailto:revitalize@kingbridgecentre.com) to book your restorative retreat today.  
For more information, visit our website at [www.kingbridgecentre.com](http://www.kingbridgecentre.com)*

# RETREAT HIGHLIGHTS

## PACKAGE DETAILS

**All-inclusive Single Occupancy Rate \$1,499** *plus 13% hst*

- Single occupancy accommodations including breakfast, lunch and dinner.
- Healthy cuisine that has been designed to support our detoxification system.
- Activities designed to calm the mind and rebalance the nervous system.
- Plenty of time for relaxation.
- Silent moonlight walk, a powerful way to drop into the present moment and connect with your inner self. Fire cleansing and cacao ceremony.
- Enjoy full use of our extensive indoor and outdoor recreational facilities, steam rooms, saunas, hot tubs, indoor pool, volleyball, squash courts, pickleball and snowshoeing.

## ADD ONS: PRE-BOOK A PERSONALIZED SERVICE

During your free time, rejuvenate your mind and body in our Revitalization Lounge where you can enjoy a relaxation session or experience a full body massage, cranial sacral treatment, and a personalized meditation session with Amy Budden. To prebook a session, email us at [revitalize@kingbridgecentre.com](mailto:revitalize@kingbridgecentre.com). (Additional fees apply)

## AGENDA

### FRIDAY, FEBRUARY 2ND

- 3:30 pm Check in to your guest room
- 4:15 pm Welcome and refreshments in the Revitalization Lounge
- 5:00 pm Opening guided meditation to set intentions for the weekend
- 6:30 pm Farm to table dinner - Mindful eating curated experience
- 8:00 pm Guided meditation combined with immersive sound experience with crystal singing bowls
- 9:00 pm Free time

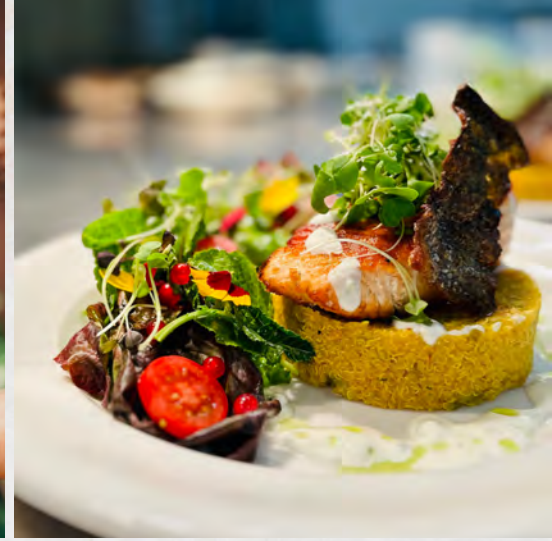
### SATURDAY, FEBRUARY 3RD

- 8:00 am Yoga
- 9:15 pm Breakfast
- 10:00 am Educational Session - Empower Your Body's Detoxification System
- 12:00 pm Lunch
- 1:00 pm Free time
- 3:00 pm Educational Session - The Neuroscience of Meditation for Restoring Balance
- 4:45 pm Free time
- 6:00 pm Dinner
- 7:30 pm Silent moonlight walk followed by fire cleansing ceremony and storytelling
- 9:30 pm Free time

### SUNDAY, FEBRUARY 4TH

- 8:00 am Yoga
- 9:15 pm Breakfast
- 10:00 am Educational Session - Empower Your Body's Detoxification System Part 2
- 12:00 pm Lunch
- 2:00 pm Late check out
- Stay to enjoy facility and book a personalized relaxation services until 5:00pm





## RETREAT WORKSHOP CURATORS



**JILL HILLHOUSE**

Jill is a seasoned Nutritional Practitioner with nearly two decades of experience, having worked at various integrative clinics in Toronto and maintaining an extensive private practice. Her clinical expertise lies in addressing metabolic and nutritional imbalances, and she is known for her application of Nutrigenomics to create personalized nutrition and lifestyle plans that optimize health and promote healthy aging.

In addition to her clinical work, Jill is a published author. Her books, "The Paleo Diabetes Diet Solution: Manage Your Blood Sugar with 125 Recipes and a 30-day Meal Plan" and "The Best Baby Food: 125 Health & Delicious Recipes for Babies & Toddlers," have been well-received. She holds certifications as a Certified Nutritional Practitioner (CNP) from The Institute of Holistic Nutrition. Furthermore, Jill has a strong academic background, with a Bachelor of Physical and Health Education (BPHE) and a Bachelor of Arts (BA) in psychology from Queen's University.

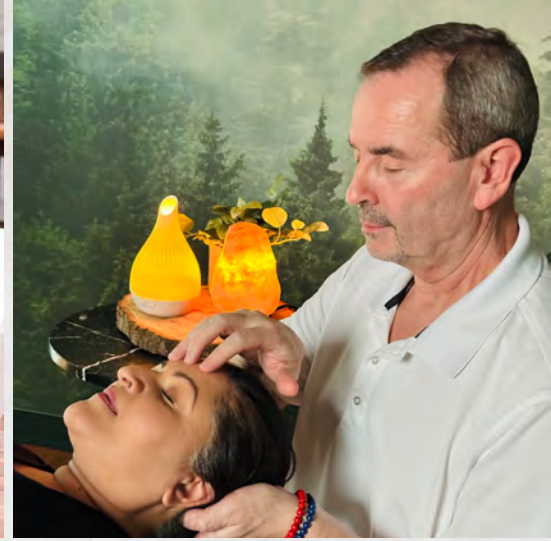
As a professional in her field, Jill is affiliated with prestigious organizations like The Institute of Functional Medicine and The Canadian Association of Natural Nutrition Practitioners, underscoring her commitment to delivering high-quality nutritional guidance and services.



**AMY BUDDEN**

Amy Budden is the founder of Connect The Mind and a certified hypnotherapist and meditation teacher. By incorporating binaural beats and sound frequency, Amy guides her clients into a naturally induced state of self-optimization by which they can use the full power of their minds to enhance creativity, release fear and tap into their greatest potential. Amy empowers her clients to connect with and access their own ultimate state of flow. Her unique process combines technology & neuroscience along with music, sound and light frequencies to facilitate deep relaxation. Amy works with people in all stages of life, from those looking to get past limiting beliefs and thrive personally and professionally to those who are challenged by illness and stress.

Amy studied at the MAPS program at UCLA. She is trained extensively in NLP and hypnotherapy for anxiety, ADHD, Biofeedback, EFT, Therapeutic Imagery for Chronic Ailments, Imagery for Creativity, Life Passages, Pain Management, Insomnia, Stress and Anxiety and Weight Loss. She also works with Moms-to-be and has co-created meditations and hypnosis to facilitate a joyful birth experience, in partnership with Lori Bregman.



## RETREAT ACTIVITY CURATORS



**TIZIANA  
D'ANGELO**

Tiziana D'Angelo is a heart-centered artist, meditation teacher, yoga instructor, and intuitive guide. She has been inspiring people of all ages through the process of art, movement, and meditation for over 30 years allowing play and curiosity to guide the way. She helps others realize the creator within. She holds a Bachelor of Arts in Psychology from York University and a Bachelor of Education from Canisius College. She received her 200 hour YTT in Kripalu Yoga and a Mindful Meditation certificate, studying with world-renowned Buddhist monk, Thich Nhat Hanh.

Tiziana's love for meditation and practicing present-moment awareness began on a trip to India in 1996. She learned many techniques to manage stress and anxiety, and alchemizing it to feel more calm, and centered. Tiziana's intuition helped guide her on a unique career path. She founded the Messy Hands Art Buses offering children and families creative art experiences. She then went on to open Stretching Canvas, a yoga and art studio.

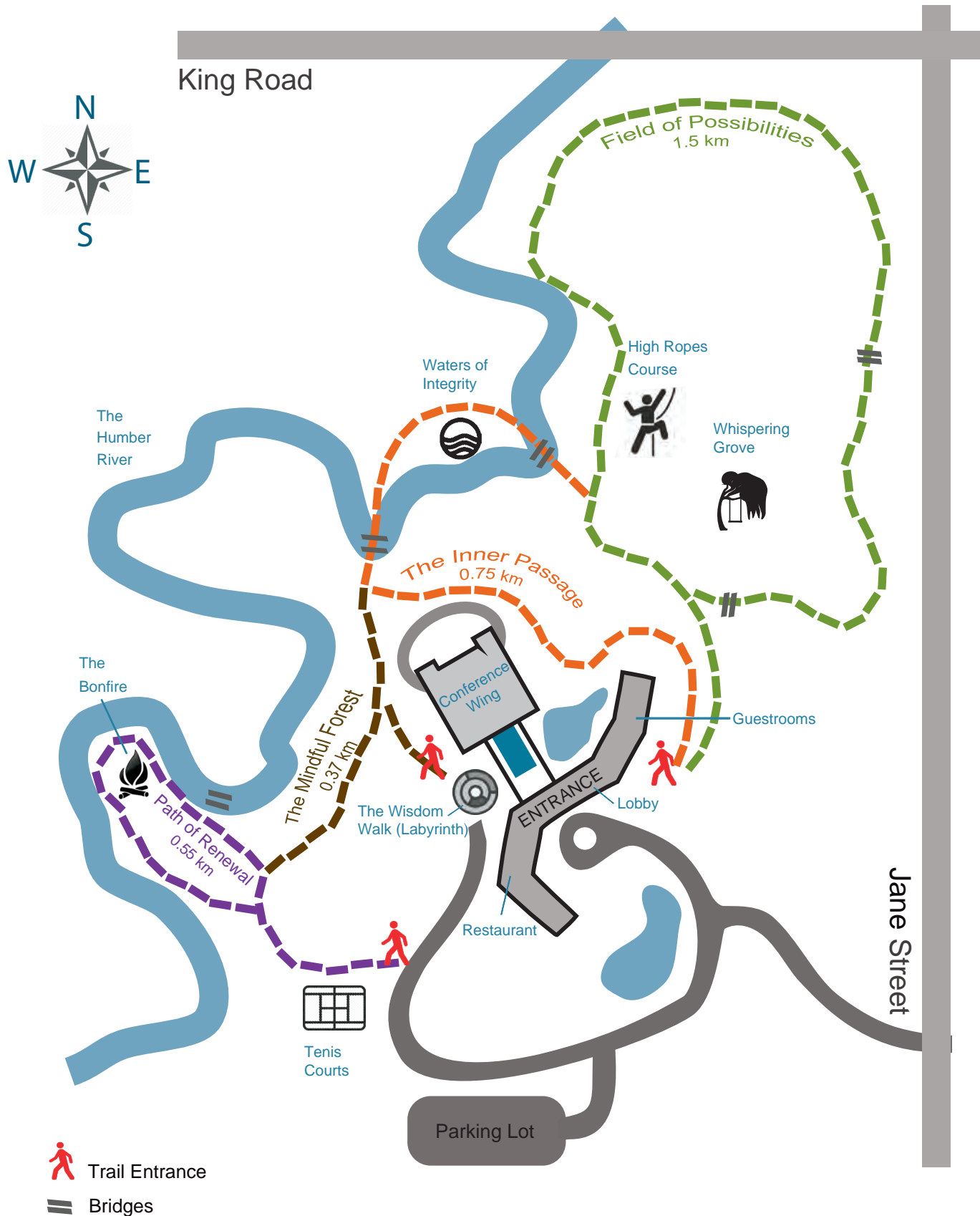


**RHONDA  
SCHLANGER**

Rhonda Schlanger's journey into mindfulness and healing has led her to become a practiced mindfulness instructor and Reiki master. Her unique approach combines the power of Sound Baths, led by the resonance of crystal sound bowls, and her angelic voice with over 50 years of meditation experience.

Each Sound Bath session led by Rhonda begins with a carefully curated guided meditation designed to induce deep relaxation and activate the body's natural healing processes. The tones, melodies, and harmonies of the crystal sound bowls create a diverse and captivating experience that resonates with participants on multiple levels. If you're seeking a profound and restorative journey, join us at Kingbridge to experience the magic for yourself.

**LEAVE FEELING REVIVED, RENEWED & RE-ENERGIZED!**



## Welcome to Kingbridge

### Areas for Contemplation

#### Whispering Grove

At some level of intuition, most of us already know who we should be and what we should do. But modern life, with its constant noise and demands, can cloak our inner knowing and mask the voice of our inner wisdom. As you sit on the rocks, or enjoy the tree-swing, take a moment and allow yourself to experience some quiet tranquility and stillness.

What aspect of your life is most in need of guidance?

How does inner wisdom come to you?  
Is it a feeling? A thought? A vision?

#### Waters of Integrity

A body of water has both surface and depth. There is always unperceived activity in the deep, where we cannot see. Integrity can be seen as the art of having our inner selves, our private thoughts and emotions, align with our visible behaviour. Choose an important element of your life. Ask yourself how you truly feel about what is happening.

How can you take this inner truth and express it in a way to create a positive outcome?

How can you make waves?

For information on the woodland trails see reverse side

## Into the Woods at Kingbridge

We invite you to explore the woodland trails of Kingbridge. Each trail offers suggestion for reflection designed to inspire your thinking. We hope that the insights you discover will add meaningful value to all aspects of your life.

### The Mindful Forest

During your explorations of this path, take a few minutes to stop, be still and become aware of your surrounding. Take the effort to truly pay attention and be present. What do you see? What do you hear? Free your imagination and hold onto the power it creates. What happens to your thoughts when you focus your awareness on the present moment?

**0.37 km (0.23 miles)**

### Field of Possibilities

Here you will encounter lush, rolling hills inviting you into both beauty and openness. Look up to the free-forming clouds as they drift across the sky. As you notice the expansiveness of nature, let your thoughts expand to include new possibilities for your leadership and your life. What is your true potential? What is your vision for the future?

**1.5 km (0.93 miles)**

### The Inner Passage

Slow down as you walk here. Shift your focus and become aware of your posture. Notice how it feels to breath. Now consciously shift your posture and breathing in a way that reflects total confidence, total trust and total well-being. Note the difference. How can changing your body change the way you think and feel?

**0.75 km (0.47 miles)**

### The Path of Renewal

At the heart of renewal is the ability to surrender. Perhaps you often feel the need to be in control. Perhaps you hold an unrealistic expectation toward perfection. Now is an opportune moment to identify what obstacles may be hindering you from further growth. Are you able to realize a life lived more fully?

**0.55 km (0.34 miles)**

\* Note: the average walking time is 15 minutes per 1 km.

### The Wisdom Walk: Labyrinth at Kingbridge

Using a labyrinth is an active form of meditation. When walking, slow your pace and become mindful of each step. Walking with a problem in mind often inspires intuitive insights. It can be seen as a metaphor for the journey to the centre of your deepest self and back out into the world again with a broadened understanding of who you are.

If you are interested in activities that will help you best use the labyrinth, please ask for a guide at the front desk.