

# THE SULLIVAN ESTATE & JK7<sup>®</sup> SPA RETREAT

Private, Exclusive, Luxurious  
North Shore, Oahu, Hawaii

## A Trio of Retreats Woven Into One Magical Journey North Shore of Oahu, Hawaii

November 5th to 12th 2017

Nestled on the tranquil cliffside overlooking the North Shore of Oahu, known as the world's first anti-stress center, The Sullivan Estate & JK7 SPA Retreat is the perfect destination for a luxurious and revitalizing detox holiday. The calming energy of the spa is a stimulating environment for personal growth and long-term health transformation.

The 7-day Wellness Retreat incorporates the healing philosophy of physical, nutritional, mental, and spiritual health, to create a unique wellness program that will boost your wellbeing and transform your health. This luxurious and in-depth retreat is designed to be an intimate & restorative experience, with a maximum of 12 guests visiting at any one time, providing a friendly close-knit atmosphere.

You will practice transformational yoga, meditation and philosophy, embark on a 2.5-day cleanse on your second, third and fourth day. Eat pure, plant-based organic gourmet meals created by a celebrity chef, and nourish your skin with high-performance plant derived skincare, at one of the most exclusive spas. Learn how to take your newfound skills home with you, so that you can live your life with more health and joy than ever before.

This retreat is ideal for those who would like to reboot in pure luxury, heal and reconnect with their true selves, supercharge their health, see their skin glow and lose a few pounds in the process.

**Master Suite with Private Bath & Jacuzzi Tub \$16,200**

**Ocean View Suite with Private Bath \$15,500**

**Garden Rooms\* with Shared Bath \$13,500**

\*Rooms will be double occupancy.

59-338 Wilinau Rd. Haleiwa, HI 96712 USA

Ph: +1 808 638-7020 F: +1 808 638-7022 mail: [info@sullivanestate.com](mailto:info@sullivanestate.com) [www.sullivanestate.com](http://www.sullivanestate.com)

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## November 5<sup>th</sup>

- 3:00pm Arrive & settle into your space
- 5:00pm Welcome by Elina & JK7 Retreat Host
- 6:00pm Dinner
- 7:30pm Program Basics

## November 6<sup>th</sup>

- 8:00am Breakfast
- 9:00am Yoga & meditation
- 11:00am Mind-Body Connection
- 12:00pm Lunch
- 1:30-5:00pm Spa Sessions (Groups of 4)  
Aroma Steam Sauna & Cold Plunge Hydro Therapy  
JK7 Spa Sensor  
Massage
- 6:00pm Dinner
- 8:00pm Tools for a Change

## November 7<sup>th</sup>

- 8:00am Morning Nourishment
- 8:30am Yoga & Meditation
- 10:30am Elimination & You Can Heal Yourself (tools to identify & work on ailments)
- 12:00pm Midday Nourishment
- 1:00-4:00pm Sound Healing  
Life Mapping
- 6:00pm Evening Nourishment
- 7:00pm Achieving Your Highest Priorities

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## November 8<sup>th</sup>

- 8:00am Morning Nourishment
- 8:30am Yoga & Meditation
- 10:30am Sauna & Cold Plunge
- 12:30pm Midday Nourishment
- 2:00pm Enjoy Waimea Valley, Collecting Inspiration for Life Mapping
- 6:00pm Evening Nourishment
- 7:00pm Meditation
- 7:30pm Vow of Silence

## November 9<sup>th</sup>

- 8:00am Morning Nourishment
- 8:30am Meditation
- 9:30-1:15pm Spa Sessions (Groups of 2)  
Purification Facials  
Lymphatic Massage  
Reflexology  
Vision Map  
Yin Yoga  
Personal Inquiry  
\*Midday Nourishment Served In Pairs  
Play & Connection
- 3:00-6:45pm Spa Sessions (Groups of 2)
- 7:00pm Dinner

## November 10<sup>th</sup>

- 7:30am Yoga & Meditation
- 9:30am Breakfast
- 10:30am Health is a Choice, Learn How to Choose It
- 12:00pm Lunch
- 1:00pm Excursion
- 6:30pm Dinner
- 7:30pm Implementing the Program at Home

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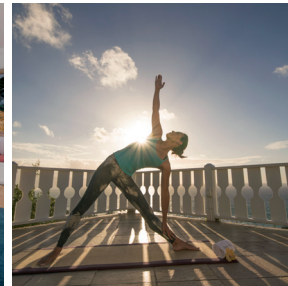
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## November 11<sup>th</sup>

- 🌊 8:00am Breakfast
- 🌊 9:00am Yoga & meditation
- 🌊 11:00am Menu Planning
- 🌊 12:00pm Lunch
- 🌊 1:30-5:00pm Spa Sessions (Groups of 4)  
Aroma Steam Sauna & Cold Plunge Hydro Therapy  
JK7 Spa Sensator  
Massage
- 🌊 5:30-7:00pm Souping 101
- 🌊 7:00pm Dinner

## November 12<sup>th</sup>

- 🌊 8:00am am Yoga & Meditation
- 🌊 10:00am Farewell Breakfast



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