



GOLDEN DOOR
AUSTRALIA

Active Lifestyle Retreat

Learning to live a longer and vibrant life

Thursday 27 May - 29 May 2021



The Blue Zone promise:

Imagine yourself living longer, healthier and more connected in all aspects of your life.

- Feel fit and understand nutritional value of food to make the best choices for you.
- Feel awakened, take charge and dare to live an Active Lifestyle.
- Join our Active Lifestyle experience where we carefully curate changing life experiences supporting you to take charge of your healthy future.
- Build your network of like minded friends.

The Blue Zone Experience

- Evidence based program from the Blue Zone Research
- World class leaders and guides to support you over the 3 days and providing 3 weeks ongoing support.
- 3 x customised personal wellness assessments.
- 3 days, 2 night's accommodation in our Manly Wellness Hub at the Q-Station.
- All meals, including fuel breaks.
- Integration support with your Life Coach for 3 weeks.

Your Guides



Malcolm Dunn
Life & Wellness Coach



Mogestri Pather
Nurtition & Immunity guide



Jason Thomas
Body & Fitness Coach

Your Investment

- \$1950 per person no accommodation required.
- \$2495 per person single accommodation.
- \$2250.00 per person twin share accommodation.



book now

www.livewellatgoldendoor.com/book/