



THE SENTINEL

FOUNDERS' INTENSIVE

WORK DIRECTLY WITH FOUNDERS GILLIAN AND RICHARD IN OUR MOST COMPREHENSIVE OFFERING.

\$8560

SINGLE PARTICIPANT SESSION (**EXCLUDING FOOD, LODGING AND BODYWORK**)

*A \$1000 NON-REFUNDABLE DEPOSIT IS REQUIRED TO SECURE YOUR SESSION AND COMMITMENT. THIS DEPOSIT WILL BE APPLIED TO YOUR FINAL INVOICE

RATES INCLUDE:

- SET AND SETTING PREPARATION
- APPROXIMATELY 40 HOURS OF INDIVIDUALIZED WORK
- PRIVATE JAGUAR SESSION WITH RICHARD AND HIS GUIDES
- FULL DAY MEDICINE SESSION
- INTEGRATION SUPPORT
- GILLIAN'S GUIDANCE THROUGH INTERNAL FAMILY SYSTEMS (IFS) AND PARTS WORK

DURATION 4 NIGHTS NEEDED

ADDITIONAL COSTS

- | | |
|-------------------------------|-----------------|
| • LODGING/PER NIGHT | \$250.00 |
| • FOOD/PER PERSON/PER NIGHT | \$110.00 |
| • BODYWORK STARTS AT/PER HOUR | \$120.00 |
| • INTAKE FEE | \$150.00 |



THE SENTINEL

OUR FACILITATORS

TRADITIONAL CHINESE MEDICINE PRACTITIONER

- LENI NEUMEIER

REBALANCING MASSAGE

- DAYNA TAYLOR

THAI MASSAGE

- TYSON BARTEL

SHIATSU

- PETER RADOMSKI

SOUND BATH

- ROBERT BLACKMORE
- NOEMI KISS

YOGA

- JOSANA STARBUCK
- TYSON BARTEL

ADDITIONAL SERVICES

- NECTARA – INTEGRATION AND EDUCATION

THE SENTINEL PROPERTY

- **SPA ZONE:** LAKE FACING CEDAR-LINED HOT TUB, CEDAR SAUNA, OUTDOOR SHOWER, COPPER COLD PLUNGE TUB, PATIO. OPEN 24 HOURS (WITH CONDITIONS)
- **LODGE/GREAT ROOM,** ECLECTIC LIBRARY, PIANO
- **24 HOUR TEA AND COFFEE**
- **PATIO** OVERLOOKING THE SELKIRK MOUNTAINS
- **20' PICNIC TABLE**
- **BEACH ACCESS** (700 FT OF LAKEFRONT)
- **6 ACRES** OF PRISTINE FOREST PROPERTY
- **SPACIOUS SUNROOM**
- **MALOCA:** YOGA MATS, MEDITATION CUSHIONS, TRI-FOLD MATS, DRUMS, GONG, BLANKETS

