



# 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

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### 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

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### DURATION 4 NIGHTS NEEDED

### ADDITIONAL COSTS

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|-------------------------------|-----------------|
| • LODGING/PER NIGHT           | <b>\$250.00</b> |
| • FOOD/PER PERSON/PER NIGHT   | <b>\$115.00</b> |
| • BODYWORK STARTS AT/PER HOUR | <b>\$120.00</b> |
| • INTAKE FEE                  | <b>\$150.00</b> |



# THE SENTINEL

## OUR FACILITATORS

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### TRADITIONAL CHINESE MEDICINE PRACTITIONER

- LENI NEUMEIER

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### REBALANCING MASSAGE

- DAYNA TAYLOR

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### THAI MASSAGE

- TYSON BARTEL

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### SHIATSU

- PETER RADOMSKI

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### SOUND BATH

- ROBERT BLACKMORE
- NOEMI KISS

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### YOGA

- JOSANA STARBUCK
- TYSON BARTEL

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### 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

