

Embark on a transformative journey at **Well-Rest Sanctuary**, where holistic wellness meets the vibrant energy of Las Vegas. Our meticulously crafted immersion experiences are designed to rejuvenate your mind, body, and spirit.

4-Day Immersion Experience

Day 1: Arrival and Grounding

- **Morning:** Begin with lakeside journaling and meditation, setting intentions for your retreat.
- **Afternoon:** Attend a masterclass on living superfoods, exploring the benefits of raw foods and sprouting at the molecular level.
- **Evening:** Enjoy a nutritious plant-based dinner, followed by free time to relax or explore nearby attractions.

Day 2: Wellness and Exploration

- **Morning:** Lakeside meditation and journaling to center your thoughts.
- **Afternoon:** Participate in a hands-on workshop on food planning and preparation, learning practical strategies for sustainable healthy eating habits.
- **Evening:** Savor a delicious plant-based dinner, then venture to the Las Vegas Strip to experience world-class entertainment.

Day 3: Deepening the Practice

- **Morning:** Engage in reflective journaling and meditation by the lake.
- **Afternoon:** Delve into a session on detoxification protocols, understanding how to eliminate toxins and support stem cell activation.
- **Evening:** Relish a wholesome dinner, with the option to attend a show or explore local sights.

Day 4: Integration and Farewell

- **Morning:** Final lakeside meditation and journaling session, focusing on integrating newfound insights.
- **Afternoon:** Conclude with a masterclass on setting up systems for success, ensuring you leave equipped to maintain your wellness journey.
- **Evening:** Share a farewell dinner, celebrating the connections made and experiences shared.

10-Day Immersion Experience

Days 1-3: Foundation Building

- Follow the initial three days of the 4-day agenda, establishing a strong wellness foundation.

Days 4-7: Expansion and Exploration

- **Mornings:** Continue with lakeside meditation and journaling, deepening your mindfulness practice.
- **Afternoons:** Engage in advanced workshops covering topics such as:
 - In-depth living superfoods and sprouting techniques.
 - Personalized detox plans and their benefits.
 - Strategies for maintaining a nutrient-dense, plant-based diet in various settings.
- **Evenings:** Enjoy plant-based dinners, with opportunities to explore Las Vegas's cultural and entertainment offerings, including shows at the renowned Sphere venue.
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Days 8-10: Reflection and Empowerment

- **Mornings:** Lakeside meditation and journaling, focusing on personal growth and future goals.
- **Afternoons:** Participate in sessions on:
 - Implementing wellness routines post-retreat.
 - Building support systems and accessing resources.
 - Q&A with wellness experts to address individual concerns.
- **Evenings:** Conclude with communal dinners, reflecting on the journey and celebrating achievements.

Throughout both experiences, you'll have ample free time to relax, explore local attractions, or attend world-class entertainment events on the Strip. Our serene environment, combined with the dynamic energy of Las Vegas, offers a unique backdrop for your transformative journey.

Join us at **Well-Rest Sanctuary** to rejuvenate, learn, and immerse yourself in a holistic wellness experience like no other.