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FOR IMMEDIATE RELEASE

NEW IN ASIA: "THE FRESH START CLEANSING AND REJUVENATION RETREAT"
March 06 – 13, 2010 – Ubud, Bali

Natural Health Expert Mark Ament's Week Long Retreat Offers Guests the Chance to Slow Down, Detox and Refresh Their Lives With Fresh Living Foods, A Complete Herbal Detox, Chi Gong, Meditation and Spa Treatments.

Cleansing and detox is something everyone interested in staying younger and healthier should consider. A week or two are year devoted to completing cleansing program can reap major benefits. Many spas offer day detox packages, but residential week long offerings are relatively rare.

Designed for the 21st century by natural health and healing expert Mark Ament, this retreat offers an ideal opportunity to renew the self physically, mentally and spiritually. Participants will enjoy meeting likeminded people, experience a peaceful retreat setting in Bali and learn practical techniques to take home and use to maximize health and awareness.

Mark has taken the best physical detox practices and combined them with relaxing and uplifting spiritual practices. The diet for the week is fresh living foods, prepared with organic ingredients by Chef Leah Rinaldi. In addition to a cleansing diet, guests will complete 5 days of herbal detox using one of Asia's top selling programs (The Ultimate Cleanse – <http://www.theultimatecleanse.ws>).

Special cleansing spa treatments including Cranio Sacral therapy and Raindrop Technique are also part of the program. Mark himself will be leading daily morning Chi Gong designed to still the mind and relax the body. Sunset meditations and special Balinese purification rituals round out the program.

The Fresh Start is held at the peaceful and magical "One World Retreats," location in Ubud, Bali. Ubud is the heart of traditional and spiritual Bali and is truly a world apart.

About the retreat leader:

Mark Ament

Mark has trained extensively with top experts in the raw food nutrition field including Gabriel Cousens, M.D. and David Wolfe. He has eaten a 95% living foods diet for almost 10 years and has been teaching courses and leading retreats on living foods and detox for the past 5. Mark is also a Chi Gong instructor.

All Inclusive Retreat – Starting at US\$1415.00

- 7 nights of comfortable accommodations
- 100 % Organic Living Food Cleansing Meals
- The 'Ultimate Cleanse' Herbal Detox Kit
- 2 evening restorative yoga - 1 hour
- Daily Qigong Classes
- Kindness Meditation Sessions
- 4 Healing Spa Treatments
- 5 Talks on Natural Health and Healing
- Purification Ritual and Blessing Ceremony
- Balinese Offering Class and Ritual
- Government tax and service

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