


Lifescrypt Kiran Wellness Retreat

6 DAYS HEALTH RESET



LifeScript Wellness Retreat is a unique combination of three fundamental principles to target your return to a healthy path. Through core medicine, lifestyle medicine and emotional medicine, this retreat will both challenge and revive you.

With Dr. Sonu and a team of medical and lifestyle professionals

18 - 24 AUGUST, 2025

Gymea Eco Retreat and Spa, Uki NSW



HAAN HEALTH
MEDICAL CENTRE



Kiran Wellness
by Dr.Sonu

LIMITED GUESTS ONLY

AUD \$3,999 (Twin Share Accommodation)
AUD \$5,999 (Single Room Accommodation)

Per Person All Inclusive

50% deposit required to
confirm booking



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Kiranwellnessbydrsonu@gmail.com



kiranwellnessbydrsonu.com.au



kiranwellnessbydrsonu



**SCAN TO
REGISTER**



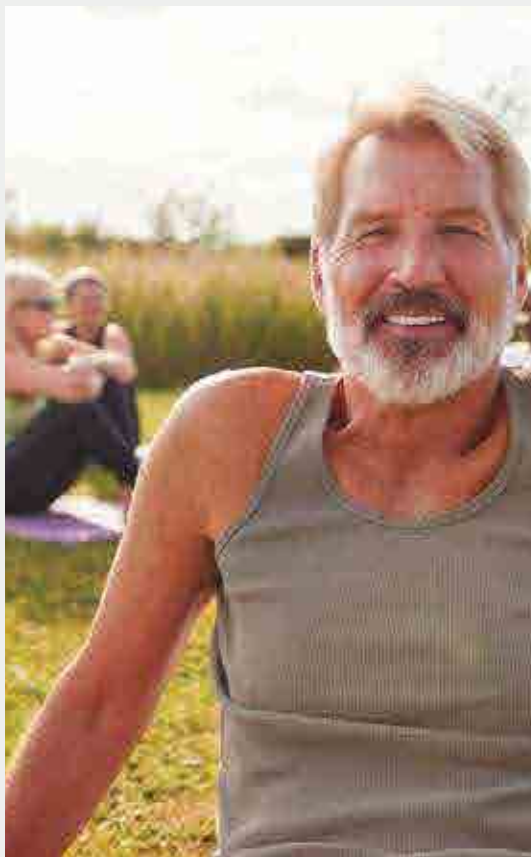
HAAN HEALTH
MEDICAL CENTRE



Kiran Wellness
by Dr.Sonu



*Reset your health with science,
support, and serenity.*



6-Day Health Reset — with Dr. Sonu
and a team of Medical and
Lifestyle Professional



6 DAYS TO RESET YOUR HEALTH PATH

Dr Sonu's LifeScript Wellness Retreat is a unique combination of three fundamental principles to target your return to a healthy path. Through core medicine, lifestyle medicine and emotional medicine, this retreat will both challenge and revive you.



18- 24
August 2025

VENUE

Gymea Eco Retreat and Spa
128 Bonnydoon Road
Uki, NSW Australia

REGISTRATION

11am, 18 August
Gymea Eco Retreat
and Spa

END TIME

10.00am 24 August

AUD \$3,999 (twin share)
AUD \$5,999 (single room)
per person all inclusive

PRE-RETREAT HEALTH CHECK



Appointments 21-25 July, 2025

PHYSICIAN-LED AND EVIDENCE BASED

LifeScript is unique among wellness retreats with its physician-led and evidence-based results. To improve your personal LifeScript, we must first understand your health. We use the best diagnostic medicine tests and treatments to manage current issues and plan better health outcomes.

PHYSICIAN-LED AND EVIDENCE BASED

No matter which stage of your life you are at, how you live dictates your health. From your lifestyle choices, diet, and emotional balance to your genetic makeup. We will help find answers for you to live better.



PACKAGE INCLUDES

6 nights twin share or single room accommodation at the GyMEA Eco Retreat and Spa in Uki NSW for Limited guests only

01

Medical and lifestyle professionals team to guide you

02

Full pre-retreat medical assessment including blood tests

03

All meals provided

04

Full daily program of educational lectures, one on one sessions with medical and lifestyle professionals, cooking classes, meditation, yoga and movement classes.

05

Creation of your own personal LifeScript to refocus your health.

06

Optional at extra cost 12 week online LifeScript program following retreat.

07

spa sessions, sauna and massage included.

08



Gymea Eco Retreat and Spa, Uki NSW



LUXURY NORTHERN NSW RETREAT



GYMEA
eco retreat & spa

A luxury Northern NSW Retreat
50 min drive south from Gold
Coast Airport. Gymea Eco
Retreat and Spa is a perfect
place for our Wellness Retreat.

*Recharge, learn and reset in
inspirational surroundings.*



Opulent comfort

Octagon Group
Workshop Space

Mineral Magnesium
Swimming pool

Spacious Dining
and Social Space

Healing Spa including sauna,
steam room, coldmagnesium
plunge pool, mineral hot tub



HEAL YOUR SELF. WITH YOUR LIFESCRIPT.

Dr Sonu's LifeScript is a unique formula for healing and sustained health through targeting three connected areas of medicine. Scientifically backed clinical medicine, lifestyle and environment, and emotional health all work together to provide balance.

DESIGNED FOR ANY AGE AND HEALTH

- 01 Chronic illnesses
- 02 Aged related illness
- 03 Lifestyle diseases
- 04 Weight problems
- 05 Emotional imbalance
- 06 Substance
Dependency
- 07 Stress



A PERSONAL FORMULA, DEVELOPED FOR YOU.

Through careful study and planning of all three areas in your life, Dr Sonu builds your personal LifeScript.

Core medicine is our science backbone. Human bodies are complex systems that work synergistically and symbiotically. Poor diet, poor fitness, substance abuse or dependency, increased stress and 24/7 device addictions often overwhelm medical treatments.

Lifestyle medicine is all about how your lifestyle affects your health. Many of our health issues come from poor diet, lack of activity and broken rest, so it makes sense that these elements of your LifeScript are just as important as the clinical medicine.

Our dietitians, exercise physiologists and psychologists help evaluate your body's needs and create a plan. A healthy body needs movement, the right nutrition, good sleep patterns and the ability to de-stress.

Emotional medicine is knowing your own mind. Uncover what truly makes you happy, listen to your inner voice and trust it. Find your 'why' and your sense of purpose to improve your relationship with your Self and others.



PRE-RETREAT HEALTH CHECKWEEKS

PACKAGE INCLUDES

- 01 Comprehensive blood tests
- 02 Full medical assessment



Weeks before your retreat, you will undergo a full medical assessment by trained physicians, including blood tests.

This health check will set a baseline for our retreat, to monitor your condition, and help our professional team focus on any issues you may have.

After your retreat, we will compare selected criteria for signs of improvements.



A PROGRAM FOR RE-PROGRAMMING

PACKAGE INCLUDES

- 01 Educational sessions
- 02 One-on-One sessions
- 03 Yoga and movement classes
- 04 Cooking classes
- 05 Meditation sessions
- 06 Spa MD Massage



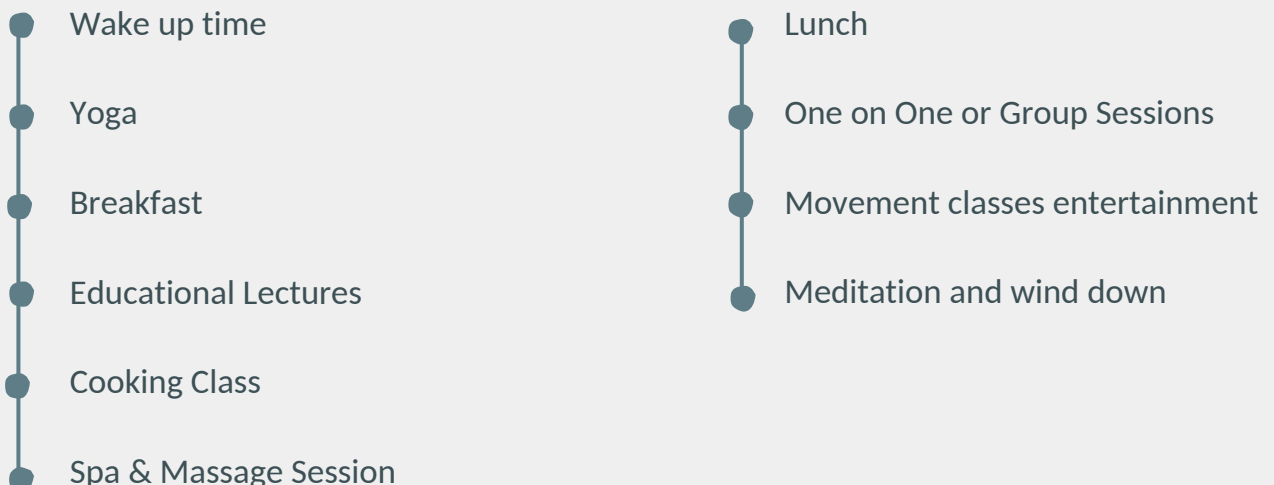
With only limited guests and medical and lifestyle professionals, the LifeScript Retreat is a uniquely private experience from dawn to evening over six full days.

Using data from your Pre-Retreat Health Check, we tailor your program to address your needs. Learn from our professional educators, receive one-on-one sessions with experts in medicine, psychiatry, nutrition, movement and emotional wellbeing. All focused on you.

Learn how to cook for your body needs and understand how meditation and yoga can help reset balance again.

A copy of our full six day detailed program is available on request.

EXAMPLE SCHEDULE





FOOD AS MEDICINE

PACKAGE INCLUDES

- 01 All meals provided
- 02 Dietician planned
- 03 Executive chef prepared
- 04 Cooking classes
- 05 Nutrition education sessions



A core part of health is food. During your four day retreat, all meals will be provided under Dr Sonu's LifeScript Foodline. Scientifically developed wholemeals plant based food with low salt, low sugar and low fat, based on the LifeScript ethos.

Enjoy healing meals prepared by a highly trained chef under the guidance of our physicians and dietitians. Be inspired by what you learn at our cooking classes and empower yourself to feed your body in the way it deserves. Learn how to cook, shop at the supermarket, read food labels and eat out at restaurants without hurting your body.

EXAMPLE MENU

BREAKFAST

Oats with Berries & Scrambled Tofu and wholemeal toast,
Quinoa porridge and mushroom avocado toast

LUNCH

Wholemeal pasta with roasted mushroom and spinach, and sweet potato and beans stew,
Chickpea chole and brown rice and tabooli salad and wholemeal naan and spiced carrot and white bean dip.

DINNER

Bok choy mushroom and ginger stir fry,
Bean and butternut squash enchiladas



MEDICAL AND LIFESTYLE PROFESSIONALS.

6 DAYS OF INTENSE PERSONAL HEALTH FOCUS



Dr. Sonu Haikerwal

General Practitioner, Founder and owner of Haan Health Medical Centre in Broadbeach, Founder of Kiran Wellness, University Lecturer

Sonu has been a GP for over 20 years across three continents, bringing healing to thousands of people and teaching medical students. She has also been on Hospital Foundation boards, been president of medical associations, and is a regular guest on media shows and medical conferences.



Dr. Peter Johnston, Dietitian

Accredited Practising Dietitian, Lifestyle Medicine Practitioner, Owner of Perfect Human Food

Peter has a Masters in Nutrition and Dietetics and a PhD in Human Genetics. He has extensive experience in nutrition, weight loss, chronic diseases, gut health, autoimmune disorders, skin disorders and sleep apnoea.



Matt Hansford, Exercise Physiologist

Accredited Exercise Physiologist/Lecturer at Griffith University & Owner at Empowered Physiology

Experienced Exercise Physiologist providing exercise as a treatment modality for chronic disease and pain. He believes in a holistic approach to healthcare through four defining pillars: Fitness, Nutrition, Sleep and Mental Health.



Jesse Firebrand

Musician, Performance Artist, Speaker, Harmonist

Jesse utilises his lifelong passion and training in yoga and music, hosting workshops and performances that aim to awaken our primal nature via intuitive, yet intentional movement and vocalising, in order to restore natural harmony within ourselves.



Thalyta Brockelt

Chef, Fitness & Wellness Professional

Thalyta Brockelt moved to Australia in 2012 and became a qualified chef in 2015 after transitioning from a career as a personal trainer overseas. With a strong background in fitness and wellness, she launched her own plant-based food business in 2017, combining her passion for healthy living with a commitment to sustainable and ethical eating.

OPTIONAL 12 WEEKS POST-RETREAT FOLLOW-UP PROGRAM

INCLUDES

- 01 One on one session follow up (virtual or in person options) with medical professional providers
- 02 Blood Test

Extend the power of your 6 days health reset by electing our optional 12-week follow-up program (virtual or face-to-face). This extension program ensures you stay on track, in the right headspace and maintain your healthy routine lifestyle and nutrition plan. This program allows you to have an individual appointment with our selected medical professional providers. The program can also include a blood test. The cost of this optional program varied based on individual needs. Please contact us for details.

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