

You and your Glorious Gut retreat

Where: Domaine Chateau Le Bedat, Saint Aubin de Branne (near Bordeaux), France

When: arrivals 3 pm on Friday the 12th July - 12 noon on Wednesday 17th July

As Hippocrates, the father of medicine, stated as early as 400 BC

“the root of all disease stems from the gut”.



Absorption ~ Immunity ~ Mood ~ Elimination ~ Balance

Susi Kaiser, a medical herbalist and functional medicine practitioner, and Amanda Porter, an Abdominal Massage specialist and founder member of the Abdominal Therapy Collective, are both passionate abdominal health practitioners and educators. Together they have a combined 40-years of experience in the “gut world”, which has fostered a desire to help people build a loving relationship with their bellies and digestion.

Susi and Amanda invite you to join them on a journey into the miraculous world of your Glorious Gut.

As more and more connections are revealed showing how important good gut function is for a healthy mind and body, the scientific community is coming together to support the view that gut health is an absolutely key factor in overall health and well-being.

Your friendly bacteria, aka the microbiome, plays a vital role in determining whether or not you develop certain diseases such as inflammatory bowel disease, allergies, autoimmune conditions, depression, hormonal imbalances, and dementia to name but a few. Feeding your friendly bacteria is as important as feeding yourself.

The gut is also the centre of our emotions and how we feel really does impact on how we digest and vice versa.

Prevention is always best, this retreat is aimed to give you an in-depth understanding of the workings of your gut, digestion, and the general overview of your unique anatomy, and yes we see you, Vagus Nerve!



During this healthy and nourishing retreat, you will learn new tools to help you optimise your microbiome and your gut function. The focus will be all about working with the body, rather than against it.



Who is this retreat for?

Anyone with a belly who would like to live more comfortably in their skin!

This retreat is designed for **YOU** if you have experienced any of the following:

- Bloating
- IBS
- Constipation
- Reflux
- Anxiety / depression
- Abdominal surgery
- Skin conditions
- Challenging menopause
- Hormonal imbalances
- Food intolerances/allergies
- Inflammation anywhere in the body



On this retreat, you will learn and experience:

- Practical anatomy and physiology of the digestive system and what that means for you
- Self palpation and exploration - get to know your internal architecture, what to look out for, what is optimal, how you can use simple techniques to help your digestion on a daily basis

- How to optimise diet for gut health and microbiome diversity, hormonal regulation (men and women) and general wellbeing
- Practical, hands-on cooking demonstrations for simple recipes that you can easily make at home. Basic principles to follow that make it easy for you to follow a balanced diet in any situation
- 1:1 Abdominal Massage session a.k.a. “belly loving 90 minutes bliss” with Amanda - be prepared to surrender and melt on the table
- Emotional and spiritual self-nurturing, using a beautiful water ritual with its roots in Traditional Maya medicine practices
- Herbs for the digestive system - we will go out and collect the herbs and show you how to process them
- Fermentation fun - learn the simple, basic principles and take some home with you
- Creativity, time to relax and unwind, helping to release endorphins to get your gut function working more smoothly
- Make your own herbal tea blends and take them home to help you kickstart your good habits on your return
- Daily gut-loving food prepared by Susi, using only the best organic plant-based ingredients, lovingly prepared, fresh daily, designed to optimise your metabolic flexibility; Expect some surprises - you might find some of your favourites are *not* off the table.

Meet your Hosts and Facilitators :

Susi:

I am a passionate Abdominal Massage Therapist, a Medical Herbalist and I also practise Functional Medicine, Aromatherapy, Cranio-Sacral Therapy and a lot of Mindset and Mindfulness therapies to optimise health and wellbeing. I am a committed meditator myself and guide patients on how to integrate this practice into their daily routines.

I have been teaching Herbal Medicine and Holistic health for about 20 years, from basic plant home remedy courses to lecturing on the Herbal Medicine BSc course at the University of Westminster for more than 10 years.

My passion is creating wholesome, nourishing food for body, mind and soul and I love hosting people, making them feel welcome, cocooned and superbly nourished whilst staying at Le Bedat.



For more information on what I do please visit my website: <https://www.skaiser.co.uk/>

Amanda:



I have trained and worked closely with Dr Rosita Arvigo, DN since 2006. This work changed my life and I now witness how it supports clients on their own healing journey. Abdominal Therapy is my passion, and sharing the wealth of information gathered over many years is a privilege.

I have been an abdominal therapist for over 17 years, working with clients as young as 6 weeks to the grand age of 90. I have been an educator in Abdominal Therapy for the past 5 years and have travelled the world sharing this work. I love to create a safe space where each student can learn at a pace and in a way that suits them.

I will provide you with a fun, thoughtful learning environment, there may be dancing, chocolate is considered an essential learning tool and at the end of the week, you will return home with new tools and practices to support your gut and your whole self on many levels.

I look forward to welcoming you to this life-changing retreat.

For more information on what I do please visit my website: www.amandaporter.co.uk

Amanda

More retreat details:

Arrival: 12th July 15.00

Depart: 17th July 12.00

Cost: £1575 (includes all meals, all course materials and accommodation)

Spaces are limited so head over to Eventbrite to pay your deposit and secure your space.

<https://www.eventbrite.co.uk/e/your-glorious-gut-tickets-873809466637?aff=oddtcreator>

Full Retreat information including daily schedule and payment details are provided upon receipt of the deposit.

Please reach out to Amanda or Susi for more information and to discuss your personal needs.

Susi ~ susi@skaiser.co.uk

Amanda ~ amanda@amandaporter.co.uk

**Please note accommodation cost is based on 2 people sharing a double room. Priority is given for people to share, some single rooms are available on request at a supplement. - please enquire directly with Susi.*