

# THE LAPIDUS CLINIC RETREAT SCHEDULE: AN EXQUISITE JOURNEY OF REJUVENATION AND EMPOWERMENT

## DAY 1: EMBRACE THE FIRE

### Evening of Enchantment Under the Stars

Begin your journey with a candlelit gathering beneath the celestial canvas. Here, the element of fire symbolizes your inner spark, the light of your spirit that guides and warms.

## DAY 2: REVEL IN THE WATER

### Spa and Ocean Immersion

Delve into the healing powers of water with a day spent in spa serenity and oceanic bliss. Let the waters cleanse, soothe, and rejuvenate, reflecting the fluidity and depth of your emotions.



## DAY 3: CONNECT WITH THE EARTH

### Organic Exploration and Grounding

Experience the grounding force of Earth. Tour biodynamic wineries and savor olive oil tasting. Practice barefoot Qi-Gong amidst nature, connecting with the soil and the nurturing aspect of your being.

## DAY 4: SOAR WITH THE AIR

### Skyward Sound Bath

Elevate your senses with a sound bath in a tranquil studio overlooking Morro Bay. The element of air represents your intellect, thoughts, and voice - the breath of life that sustains you.

## THE FIFTH ELEMENT: DISCOVERING YOURSELF

Throughout this journey, discover that you are the quintessential fifth element. Integrating the retreat's teachings and your unique genomic insights curated by Dr. Lapidus, you will unlock a higher level of strength and harmony.

Embark on this journey to transform your life into an expression of joy, energy, and balance. Find relief from pain, relish in restorative sleep, ignite your creativity, and embrace mental calmness. This retreat is not just a passage through the elements; it's a discovery of your elemental self - a celebration of the powerful woman you are.

WE EAGERLY AWAIT THE OPPORTUNITY TO GUIDE YOU ON THIS PATH OF SELF-DISCOVERY AND RENEWAL.

# TAKE A PAUSE IN YOUR STRESS, BUT NOT YOUR LIFE: THE LAPIDUS CLINIC RETREAT

RETREAT DATES: 4/18-4/21

“Dear friend,

Welcome to a transformation escape where your wellness journey transcends expectations. At The Lapidus Clinic Retreat, we understand the unique challenges you face as a dynamic woman – from the intensity of hot flashes to the frustration of insomnia and brain fog. It is with great honor that we invite you to an exclusive retreat, curated by Dr. Ellie Lapidus MD, set in the breathtaking landscapes of Edna Valley and the serene shores of Avila Beach.

**UNWIND IN THE LUXURY OF SHELL BEACH AND SAN LUIS OBISPO:** Imagine yourself in an enclave of tranquility, where luxurious accommodations meet the soothing embrace of nature. Avila Beach and San Luis Obispo offer not just a stay, but an experience draped in elegance and comfort, promising a retreat that caters to your every need.

**A FOCUS ON HORMONAL BALANCE AND RELAXATION:** As you navigate the powerful tide of menopause, a phase Dr. Ellie fondly refers to as the “Time of No Pause,” our retreat centers on restoring your hormonal harmony. It's a journey of understanding, embracing, and celebrating this transformative phase of life.



**DETOX FROM THE BUSY LIFE OF A HIGH-POWERED ENTREPRENEUR:** Step away from the demands of your bustling life to a sanctuary where time slows down. This retreat is a haven for detoxing not just the body, but the mind and spirit. It's about unloading the burdens and rediscovering your inner peace.

**ELEVATE TO HIGHER POWER AND ENERGY:** Embark on a path that leads to heightened energy and empowerment. Through expert-led sessions, therapeutic activities, and



personalized care, you will tap into deeper levels of your being, emerging with renewed vigor and clarity.

**AN EXCLUSIVE EXPERIENCE:** This retreat is more than an escape; it's an intimate gathering of like-minded women, leaders in their own right, coming together to support, uplift, and inspire each other.

We warmly welcome you to join us in this sanctuary of transformation. Embrace the luxury, the professional care, and the journey to a more balanced, energized you.

Your presence would be a valued addition to our circle of empowerment. We eagerly await the opportunity to welcome you to this unique and enriching experience.

Warm regards,  
Dr. Ellie Lapidus and her capable Team TLC.

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# TRANSFORMING WELLNESS DREAMS INTO REALITY: EXPERIENCE THE HARMONY OF BODY, MIND, AND SPIRIT

# BIOHACK YOUR FUTURE: MERGING ADVANCED SCIENCE AND ANCIENT WISDOM FOR OPTIMAL WELL-BEING

**THE LAPIDUS CLINIC RETREAT GOES BEYOND TRADITIONAL APPROACHES TO HEALTH AND WELLNESS.** Our retreat is crafted not merely as a temporary respite but as an in-depth, holistic journey. Here, the latest scientific advancements blend seamlessly with timeless wisdom to nurture your mind, body, and spirit.



## 1. Personalized Genomic Insights:

Our approach is deeply rooted in the power of genomic science. Prior to your arrival, tests are conducted to understand your unique genetic profile corresponding to your current metabolic, hormonal and inflammatory state. Dr. Ellie Lapidus and her team use this data to craft wellness strategies tailored to your individual needs, offering an unparalleled level of personalized care.

## 2. Holistic Hormonal Balance:

Hormonal health is pivotal, particularly during the transformative phase of menopause. We provide specialized therapies and education to rebalance your hormones, whether you prefer hormonal or non-hormonal treatments, enhancing your vitality and well-being.

## 3. Mind-Body Integration:

Embrace the harmony of mind and body with practices like sound therapy, meditation, Qi-Gong, and mindfulness. These sessions are key to reducing stress, sharpening mental clarity, and fostering emotional resilience.

## 4. Nutritional Alchemy:

Delve into the transformative power of nutrition. Our retreat offers bespoke nutritional plans and workshops, teaching you how to nourish your body effectively and deliciously.

## 5. Detoxification and Renewal:

Participate in a variety of detoxifying therapies designed to purify both body and mind. Begin each day with a revitalizing "Long Shot" (standing for Longevity green drink) of green vegetable goodness, paired with your choice of organic coffee, setting the stage for improved energy, digestion, and clarity.

## 6. Nature's Healing Power:

Immerse yourself in the stunning natural beauty of Central California's Coast, Edna Valley, and Avila Beach. This serene setting plays a crucial role in your healing journey, offering a wealth of physical and spiritual benefits.

## 7. Community and Support:

Discover strength in community. Our retreat is a place to forge connections, share experiences, and create a new society of influential leaders who will extend this wellness knowledge far and wide.

## 8. Lifelong Health Skills and Support:

Choose to extend your transformative journey with our Ocean™ program, a pathway to seamlessly integrate your wellness plan into daily life. Gain deeper insights into potential treatments and maintain an enduring partnership with Dr. Ellie, who can be your partner in health for years to come.

This transformative experience is designed to reconnect you with the elemental forces and unveil the profound power within you. Led by the esteemed Dr. Ellie Lapidus, this retreat is more than a getaway; it's a path to discovering your true essence and potential.



### Addressing Your Key Concerns with Focused Solutions:

**Hot Flashes:** Tailored relief for more comfortable days and nights.

**Achiness:** Soothing treatments to ease your physical discomfort.

**Fatigue:** Energizing strategies to rejuvenate and invigorate you.

**Insomnia:** Personalized solutions for a peaceful night's sleep.

**Brain Fog:** Techniques to enhance mental clarity and focus.

**Weight Gain:** Genomic approaches for effective weight management.

