



THE FOUR WINDS SOCIETY

WELCOME TO A WEEK OF HEALING, RENEWAL AND WISDOM

# GROW A NEW BODY

AN EXCLUSIVE RETREAT AT LOS LOBOS MONASTERY, LODGE AND SPA IN CHILE





# LOS LOBOS

## MONASTERY, LODGE AND SPA, CHILE

Nestled in a coastal mountain range adjoining a World Biosphere Preserve, Los Lobos is a health spa and shamanic monastery. The Lodge is located 1½ hours from Santiago and the International Airport, and 45 minutes from the beach at Viña del Mar and Valparaíso.

**What's included:** Daily yoga and meditation. Nutritious and delicious neuro-nutrients and superfoods to accompany your organic meals. Morning protein shakes, brain supplements, detox juices. Oxygen mitochondrial repair therapy sessions. Daily educational sessions and one private consultation with Dr. Alberto Villoldo. One soul retrieval session. Shamanic ceremonies including a sweat lodge. Transportation on the day the program starts and ends is included.



Lodging is not included and must be booked separately. To view different lodging options and book your accommodations, please visit [thefourwinds.com/los-lobos-lodge-rates/](https://thefourwinds.com/los-lobos-lodge-rates/). Special rates have been negotiated.

For more information and upcoming **Grow a New Body** retreat dates, visit [thefourwinds.com/grow-a-new-body/](https://thefourwinds.com/grow-a-new-body/) or call us at (435) 647-5988.



# GROW A NEW BODY

Cancer, diabetes, heart disease, Alzheimer's, Parkinson's, and all degenerative diseases of the brain have in common free-radical damage and mitochondrial breakdown. When our mitochondria are strong, we switch on the genes that produce health. When they are weakened, they trigger premature cell suicide or apoptosis. Our stress and toxin filled lifestyles overwhelm the body's native antioxidant systems and, as a result, ageing is accelerated, we become dis-stressed and live in a brain fog, and our health is compromised.

In our exclusive retreat, you will sample the brain foods and nutrients that repair the brain, regulate cellular energy production, and reverse the damage done by free radicals and oxidative stress. Detoxifying nutraceuticals, including antioxidant and mitochondrial repair formulas, will clear away the brain fog, relieve cellular stress, and bring you increased clarity and energy. Glutathione, the master antioxidant in the body and essential in repairing the mitochondria and detoxifying the cells and the liver, is administered intravenously by a licensed nurse. At Los Lobos we employ glutathione prepared by the Wellness Pharmacy in the USA.

Shamanic energy medicine will clear the imprints of disease from your luminous energy field, your "life-matrix." The illumination process switches on the genes that create health and switches off the genes that result in disease. And through shamanic energy medicine and soul retrieval you will recover parts of your essential self that were lost as a result of trauma or stress.

From the time we're in the womb we suffer ongoing free radical damage to mitochondria, the fuel factories in our cells. This damage begins with our mother's diet, and builds up from environmental toxins, pesticides, and stress, until it manifests later as disease. By middle age, our ability to produce clean-burning fuel diminishes. And free radical damage leads to premature ageing and damage to our brain cells. When we cross a threshold of mitochondrial injury, illness, fatigue, and brain fog become perversely difficult to cure or even manage.

At our exclusive Grow a New Body retreat, you will switch on your cellular detox systems, and health and longevity genes to repair your brain and body in as little as a week. You will experience daily yoga, gentle mountain hikes, massage, and energy medicine sessions with renowned shamans. You will enjoy group and private sessions with Dr. Alberto Villoldo and Marcela Lobos, and leave with an individualized health and energy program that will benefit you for the rest of your life.

THE  
**FOUR**  
WINDS



For more information, visit  
**[thefourwinds.com](http://thefourwinds.com)** or call us  
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