

Retreats & Seminars

Circle of Life Holistic Programs specializes in transformational and restorative retreats. Our programs take place in a variety of beautiful locations — Delray Beach, Florida; San Diego, California; Umbria, Italy; and San José Purua, Mexico. The natural environments, inspirational classes, therapeutic massage and local organic foods are a winning recipe for a unique fitness adventure.



Health Vacations

Luxury Locations

Detox Programs

Yoga & Pilates

Tai Chi/Qi Gong



Ocean/Hot Springs

Massage Therapy

Juice Fasting

Raw Foods



Nutrition Classes

Colonics

Acupuncture



Personal Consultations

Changing unconscious habits to ones that are life affirming takes some effort. We help you to learn:

- how to prepare yourself for a juice fast or raw food program.
- which equipment will best suit your needs — juicers and/or blenders such as the Norwalk, Vita-Mix, Green Star machines.
- delicious juice recipes.
- juices for specific conditions.
- green smoothie instruction.
- about enemas and colonics.
- how to stay focused and loving toward yourself.
- how to transition from the juices and raw foods to a balanced food program, with some leeway for your social life.

Circle of Life Holistic Programs

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Japanese Barefoot Shiatsu

Jill Ayn Schneider has become a Master of Barefoot Shiatsu. Shiatsu is a form of Oriental Therapy, evolved from a 5000 years old tradition of the healing arts.

Eastern medical theory describes health as a dynamic balance of body, mind and spirit. Each part cannot be separated from the functioning of the whole organism.



Jill treats the whole body as well as specific problem areas. During a session, both physical and emotional issues are addressed, allowing the client to soak in a feeling of well being, giving them hope for a future of greater vitality and strength.

These treatments are a safe, natural, non-invasive, drugless compliment to Allopathic Medicine and are firmly entrenched as a viable therapeutic modality and branch of Alternative Medicine.

Jill's petite frame allows her to use her body with grace and ease.

Jill Ayn Schneider



In 1975, when Jill was diagnosed with malignant cervical cancer, she found her calling.

Dr. Ralph Alan Dale, a well known Doctor of Oriental Medicine, guided Jill toward an Eastern healing protocol. Within a short time she began to integrate into her life the holistic arts of Macrobiotics, Acupuncture, Herbal Medicine, Yoga, and Meditation. Jill traveled to South America to find restorative time and space to rest. Within four months, the imbalance in her body was corrected. Jill gave birth to a son two years later.

Author

Jill has written about her cancer story in her first e-book, *Romancing Life*, which also contains a CD of original healing songs. With great clarity, passion and humor, she shares her adventurous and irreverent life. Jill lives fully everyday in superior health.



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*There is a place
within us which is
waiting to be called
upon to help us feel
a peace,
a great inner love—
the source of all
healing.*