

## Transformation

**Circle of Life Holistic Programs** specializes in one-on-one and small group **retreats**. You will be guided through a variety of nurturing and mindful modalities; such as meditation, guided imagery, juice fasting detoxification, raw food preparation, hypnotherapy, simple yoga, qi gong, colon cleansing, and more. Whether you are in need of some weight loss, quieting of the mind, help with insomnia, pleasurable exercise, inspiration or all of the above, we are here to help.



## Consultations

Whether you choose a 30 minute phone consultation, a two hour live consult and bodywork session, or a weeklong one-on-one retreat, **Jill Ayn Schneider** intuitively provides insight which will help you to go deeply within yourself. Her adeptness and her kind presence will bring your confidence to the forefront, giving you hope in overcoming any obstacles in your life in order to organize, plan and attain your short and long term goals.

Feel free to call or email Jill to schedule a free 15 minute consultation with her.

## Retreat Locations

Our retreat programs take place in a variety of stunning locations. From ultimate luxury in an exclusive home in Delray Beach, FL to a tiny pueblo in the Sierra Madre Mountains of Central Mexico; the natural environments, informative classes, therapeutic treatments, local culture, fresh organic foods, ocean swimming, hot spring soaking, mud packs and energetic walking are a winning recipe for a unique life-affirming and fun filled adventure.



## Therapeutic Treatments

We provide assistance in sorting through the plethora of holistic modalities. We recommend the most effective ones, which enable you to deeply rest and fully experience the care that you need and deserve.

You will be encouraged to receive each healing opportunity with an open mind, heart and a



## Our Director

**Jill Ayn Schneider is a Holistic Life Coach**, with an expertise in **Juice Fasting, Raw Foods, Herbal Detox, Yoga, Energy Healing, Advanced Bodywork, and Guided Imagery**.



Jill healed herself of malignant cervical cancer at the age of 29, in 1975, using Macrobiotics, Yoga, Meditation, Acupuncture and Herbs. She then traveled through the jungles of Venezuela and into the Andes Mountains of Peru, meeting with healers, who guided her to the clearing of the dis-ease.

Jill has written about this amazing story in her first e-book, **Romancing Life**, which also includes 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, constantly reinventing herself by greater knowledge of natural modalities which she shares with others.



## Circle of Life Holistic Programs

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## Testimonials

*For the past few years, I have spent a week under the expert guidance of Jill Ayn Schneider.*



*Jill's transformative body, mind and spiritual one-on-one retreat inspires an awareness of the true importance of caring about ourselves. Each juice, broth or tea was more interesting than the previous. I never ever felt extremely hungry or deprived. Her level of attention to every detail helped me to totally relax and enjoy the process of detoxification. She has changed my life! .*

**Dr. Carolle Jean-Murat, MD, FACOG, author of the award-winning books "Menopause Made Easy", "Mind, Body, Soul & Money" and a contributing author of "Millennium 2000, A Positive Approach" by Louise L. Hay and Friends.**

*Jill was the source of inspiration that motivated us during our fast. Her energy, professionalism, nurturing, wit, humor, and teaching skills were exactly*



*what we needed to make our cleansing week a complete success. She filled our days with hiking and biking in natural outdoor settings that abound in the area.*

*Jill is extremely intuitive, knowing just when we needed downtime to relax. The bodywork she provided was incredible and second to none. We are truly thankful and appreciative of our now life-long friend.*

**Paul and Amy Ingham, Clearwater, FL  
Tri-athletes, continued training during fasting weeks.**

## Practical Life Goals

**Shifting our awareness and motivation to life affirming habits takes effort. You will learn how to:**

- Deeply know what is essential to live a more conscious, loving and fulfilled life.
- Rest and listen to the needs of your body, mind and spirit.
- Prepare yourself for a detox juice fast and/or a raw food cleansing program.
- Use a variety of simple holistic tools to take a journey into gratefulness.
- Research and find the support you need as your needs change.
- Transition to a balanced healthy food lifestyle, with realistic leeway for your social life.
- Attend to your own needs without guilt or fear.
- Set proper boundaries in your relationships.

**Our Delray Beach, FL, One-on-One retreat is the most popular. Come on down!**



## Holistic Life Coaching



### Transformational Healing Retreats

**Personal Consultations  
Juice Fasting Detoxification  
Raw Food Preparation  
Bodywork Yoga Qi Gong**

*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.*

*Jill Ayn Schneider,  
Director of Circle of Life*