



**GLOBAL WELLNESS
INSTITUTE™**
EMPOWERING WELLNESS WORLDWIDE

2021 ANNUAL AUCTION



Seven-night stay for two at Rancho La Puerta, Mexico (VALUE: \$9,700 USD)

- Includes accommodations, meals and snacks, scheduled transportation (for a Saturday-to-Saturday stay)
- Full program for two including all scheduled fitness classes and activities, lectures and entertainment
- Includes private tour of The Residences at Rancho La Puerta, and lunch with CEO Roberto Arjona



Two-night stay for two at The Balmoral in Scotland, a Rocco Forte Hotel (VALUE: \$5,425 USD)

- Enjoy a luxurious two-night stay for two in a castle-view suite
- Full Scottish breakfast included
- Lunch with Mr. Cooke, General Manager at Brasserie Prince
- Irene Forte Skincare Hamper of Products



Seven-night exclusive wellness retreat for two at Vana, Dehradun, India near the foothills of the Indian Himalayas (VALUE: \$6,350 USD)

- Seven nights with lovely accommodations in a Forest/Bodhi Suite, including airport transfers
- Includes yoga, meditation, cuisine lessons, functional fitness, talks, music and more
- Arrival and departure wellness consultations
- All cuisine including breakfast, lunch, afternoon tea and dinner
- Private treatments/specialist consultations/sessions. Limits apply



Two-night beach getaway for two to The Breakers Palm Beach, Florida, US (VALUE: \$3,770 USD)

- Two-night, three-day holiday for two at The Breakers Palm Beach
- Includes lunch for two at The Beach Club
- Includes fitness consultation for two and two 50-minute spa or salon services per guest (6/1-9/30)
- Junior Suite-Resort View accommodations, subject to availability at time of reservation request. Excludes holidays, valid Sunday - Thursday only



Three-night stay for two at Miraval Berkshires, Massachusetts, US (VALUE: \$4,800 USD)

- Full access to resort amenities and spa facilities for four days with \$175 resort credit per guest to use toward spa services, private lessons, and activities (gratuities and resort amenity charge included)
- All healthful and flavorful meals, snacks, smoothies, and non-alcoholic beverages included
- Unlimited participation in daily yoga, meditation, wellness lectures, challenge course and more
- Welcome gift of Miraval tote bag and reusable water bottle; shared shuttle transfers from airport

One-Hour personalized hypnosis training consultation with Dr. David Spiegel, Stanford University School of Medicine; curated by Victor Koo (VALUE: \$500 USD)

- Dr. David Spiegel is Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences, Director of the Center on Stress and Health, and Medical Director of the Center for Integrative Medicine at Stanford University School of Medicine
- Personalized hypnosis consultation based on your stated requirements, in person at Stanford University or virtually through interactive online hypnosis sessions to help with problems like stress, insomnia, finding focus, controlling pain, eating better and stopping smoking.



Two-night stay for two at Six Senses Ibiza, Spain (VALUE: \$6,100 USD)

- An immersive two-night stay at Six Senses Ibiza, with daily wellness classes
- RoseBar Essential Diagnosis and Longevity Program
- Biomarker screening, blood test and consultation with longevity medical expert
- Includes one Longevity IV, one Cryotherapy, one Cell Gym, one Treatment

Reboot Your Age – Opportunity of a lifetime: in-person or tele-med consultation on longevity and cognition (VALUE: \$1,000 USD Minimum bid \$900)

- Conducted by Michael Roizen, MD, FACP, Chief Wellness Officer Emeritus, Cleveland Clinic; Professor, Cleveland Clinic Lerner College of Medicine at Case Western Reserve University
- A private, 90-minute session in Cleveland, Ohio, or via Zoom with Dr. Michael Roizen, the established expert in helping people plan and choose how to stay young for longer, and prepare for the Reboot
- You provide personal laboratory data
- Come away with a plan and process that will serve you for many years

CLODAGH 

An extraordinary opportunity to own original photography from Clodagh (VALUE: \$8,500 USD)

- The experience of entering a Clodagh-designed space is one of blissful serenity
- Clodagh believes that living space must enhance people's lives and wellbeing
- Clodagh is offering a rare piece of her original photography in this glorious piece of art
- Additional sought-after, framed fine art photography by Daniel Aubrey who has shown in galleries worldwide

serenbe

Two-night wellness retreat package for six guests at Serenbe's newest wellness offering: Portal, Georgia, US (VALUE: \$11,700 USD)

- Private, separate rooms for six guests in Portal, a Scandinavian-inspired building designed for wellness
- Light-filled rooms, full kitchen, patio terrace overlooking Mado garden pond, private hot tub
- Dinner for six at The Hill, and dinner for six at Halsa
- Six spa treatments, a private Yoga Class and a Guided Foraging Tour
- Trail walk & talk with Steve Nygren with lunch for six at Halsa

Carillon Miami
WELLNESS RESORT

Two-night bliss-inducing experience for two at Carillon Miami Wellness Resort, Florida, US (VALUE: \$2,212 USD)

- Two-night stay in a one-bedroom luxury apartment
- Choice of three Touchless Wellness Treatments including a 50-minute massage (excludes Deep Tissue)
- Access to one of the largest Thermal Hydrotherapy Circuits featuring a private men's and women's hot and cold areas designed to stimulate circulation, relieve pain and decrease stress
- Beach or Atlantic Pool access: adults-only, saltwater rooftop pool
- 24/7 Access to Fitness Center and Member Fitness Classes
- Valid until November 23, 2022, holiday and blackout dates apply, subject to availability

GARDEN OF THE GODS
RESORT • WELLNESS • CLUB

Two nights for two at Garden of the Gods, Colorado, US (VALUE: \$4,750 USD)

- Two-night stay for in a Club Master Suite at Garden of the Gods where breathtaking views surrounded by nature's beauty await with breakfast for two people daily
- \$500 STRATA Med (Health & Wellness) and \$500 STRATA Body (Spa & Salon) credit per two
- Resort fees and taxes included

Gwinganna
Lifestyle Retreat

Seven-night wellness retreat for two at Gwinganna in Australia on 500 acres above the beautiful Gold Coast (VALUE: \$8,000 USD)

- Includes seven nights in Orchard Deluxe Accommodations including all organic meals and beverages
- Two Classic Massages per person and one Essential Facial per person
- \$100 wellness credit per person with access to all facilities and scheduled activities

One-day Japan temple experience with Japanese wellness expert guide, Japan (VALUE: Priceless)

- Once-In-A-Lifetime experience at Japan's Eiheiji Temple, founded in 1244
- Special experience given by Eiheiji Temple, "The Temple of Eternal Peace," one of the two head temples of Soto Zen located deep in the mountains, near the northwest coast of Japan
- Accompanied and guided by Yoriko Soma, Japanese Wellness Expert
- Ticket for one group of four (or two groups of two people) on the same day to have an invigorating experience at the oldest Zen temple in Japan
- Full day Zen Meditation session with Temple breakfast and lunch (Shojin cuisine)
- Buddhist stretch and Tea ceremony

For winning bids, please see Amy Cook at the auction table to pay for your item and collect your voucher.

SUPPORT OUR MISSION. GIVE TODAY.
Please scan to make a general donation
to the Global Wellness Institute.

