



HENRY JONES
WELLNESS INSTITUTE

JUMPSTART
HEALING
PROGRAM

WELLNESS
RETREAT

Heal your body
Open your mind
Awaken your spirit
Free your emotions



**Are you sick?
Are you in pain?
Do you need to heal your body?**

Experience the true power of self-healing by living in harmony with Mother Nature, abiding by the natural laws, and practising natural and holistic healing techniques.

This is your chance to embark on a truly extraordinary healing journey with Henry Jones.

Join us on our upcoming...

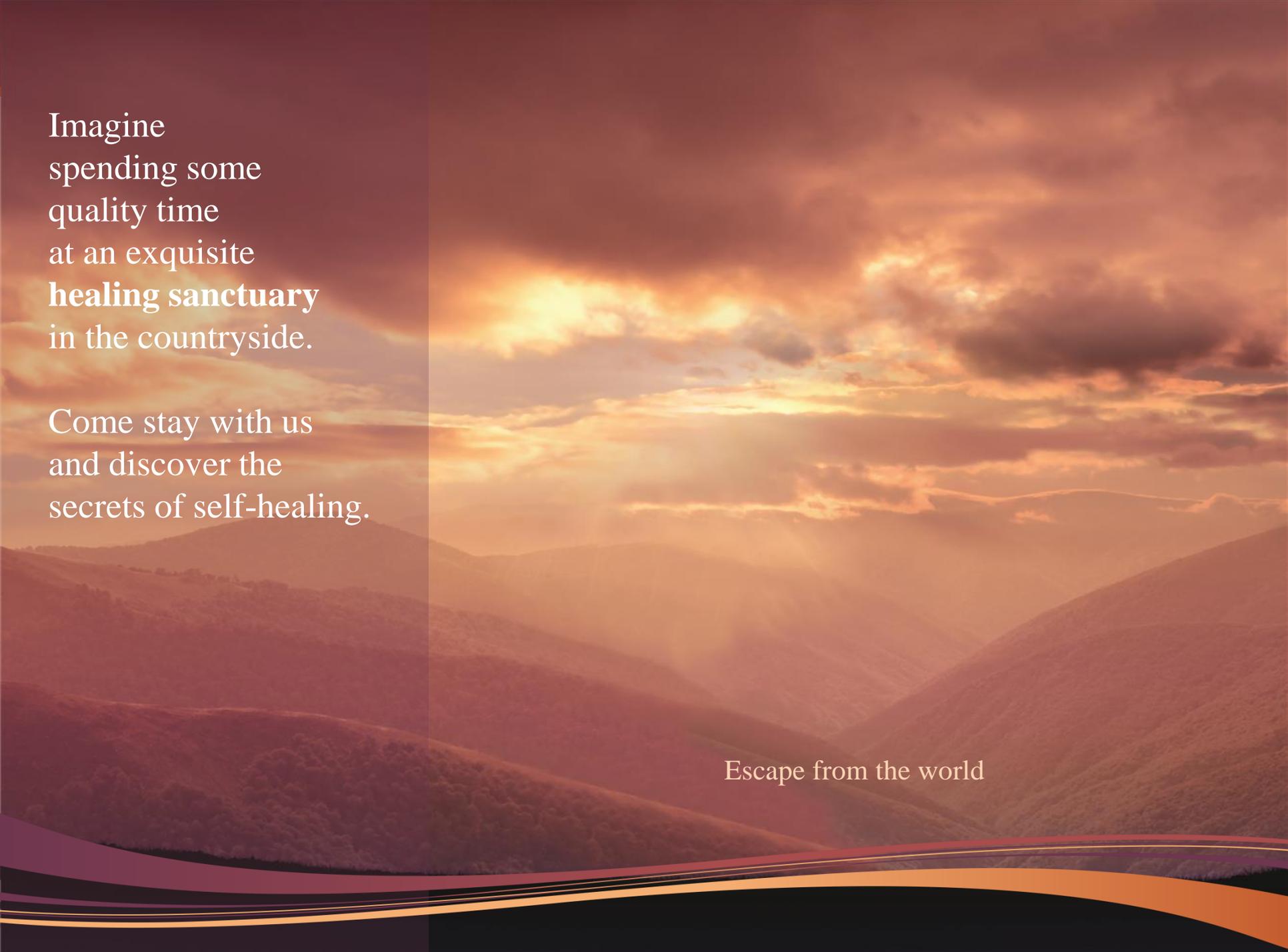
10-DAY HEALING PROGRAM

**WELLNESS
RETREAT**



We know it's extremely difficult to focus on healing your body when you still have to be a spouse, parent, family member, partner, employee and friend to everyone who depends on you.

It's also overwhelming and confusing to know what you should be doing every day to help your body heal itself.



Imagine
spending some
quality time
at an exquisite
healing sanctuary
in the countryside.

Come stay with us
and discover the
secrets of self-healing.

Escape from the world

JUMPSTART HEALING PROGRAM

DEFINITION:

Jumpstart (Verb)

To improve a situation or system more quickly by taking a particular action.

Healing (Noun)

Helping to make someone well again. The process of becoming sound or healthy.

Program (Noun & Verb):

A program is a sequence of activities or events that are structured to produce a desired result.



SELF ASSESSMENT

STOP AND ASK YOURSELF...

- Are you sick?
- Are you in pain?
- Are you worried about your health?
- Are you scared?
- Is something wrong with your body?
- Can you feel the symptoms of disease?
- Has your doctor already given you *'the bad news'*?
- Are you taking medication?
- Do you have to go to hospital?
- Do you need surgery?
- Does your mind dwell on your physical problem?

NOW ANSWER THIS...

- Do you want to get better more than anything in the world?
- If there was something you could do to heal your body, would you do it?
- Are you willing to try anything but you just don't know where to start?
- Are you searching for answers?

LOOK NO FURTHER. WE CAN HELP YOU TO...

- Heal your body naturally, holistically and permanently.
- Discover the natural path to perfect health.
- Bring true wellness into your life, and...
- Prevent sickness and disease from coming back in the future.

WE'LL SHOW YOU HOW TO...

- ✓ Boost your immune system.
- ✓ Get rid of poisonous toxins in your body.
- ✓ Purify your blood.
- ✓ Cleanse your internal organs.
- ✓ Regenerate your body cells.
- ✓ Increase your natural energy level.
- ✓ Open your neural pathways and remove blockages, and...
- ✓ Connect with the natural healing power within you.

WE CAN TEACH YOU TECHNIQUES TO...

- ✓ Relieve physical discomfort and pain.
- ✓ Stop worrying.
- ✓ Let go of your doubts and fears, and...
- ✓ Restore peace and harmony in your body.

YES, YOU CAN...

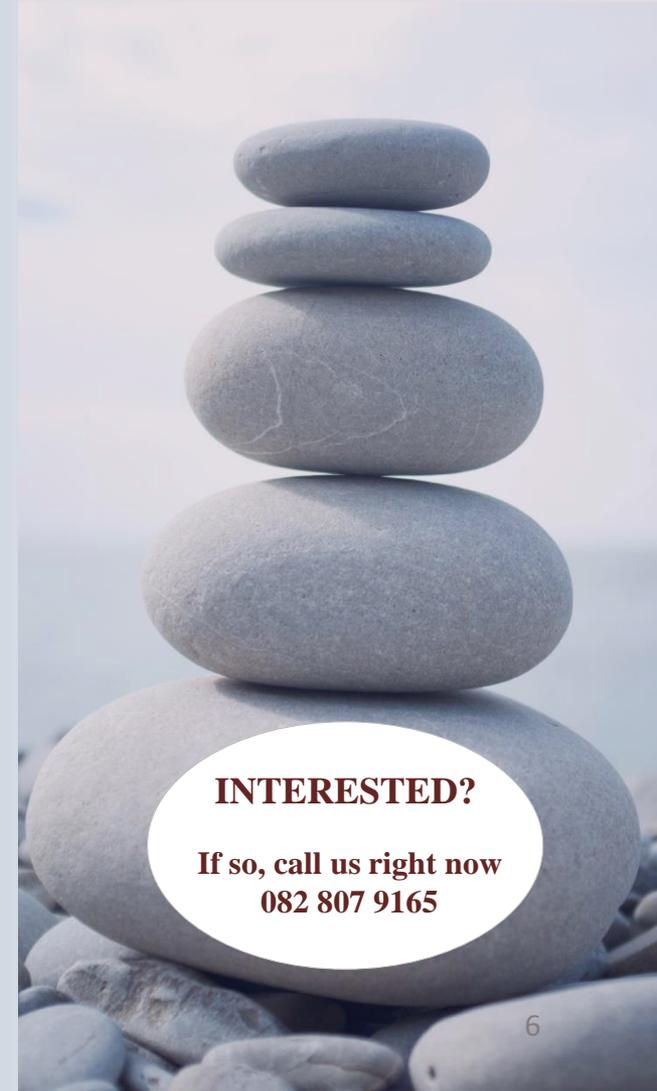
- ✓ Cure your sickness, disease, ailment, affliction or pain.
- ✓ Restore your body back to perfect health.
- ✓ Enjoy boundless energy.
- ✓ Look and feel terrific, and...
- ✓ Experience radiant health and vitality everyday for the rest of your life.

SOUND GOOD? THEN ALL YOU NEED TO DO IS...

- ✓ Keep an open mind.
- ✓ Don't be afraid to try new things.
- ✓ Give us a chance.
- ✓ Embrace change, and...
- ✓ Enjoy yourself. (*No matter what!*)

IT'S TIME FOR YOU TO...

- ✓ Heal your body.
- ✓ Open your mind.
- ✓ Awaken your spirit, and...
- ✓ Free your emotions



INTERESTED?

If so, call us right now
082 807 9165

Here's something your doctor probably isn't telling you:

Healing yourself is your responsibility.

?

You probably see your doctors for 30 minutes every couple of weeks.

What can you do to promote your healing in between these consultations?

?

Depending entirely on medication, treatment and surgery is not the only answer.

What other healing modalities are available to you?

?

Modern medicine treats the symptoms of disease, it doesn't address the cause of it.

How can you find the cause of your sickness and remove it?

?

Playing the powerless patient doesn't help to heal your body.

How can you take control of your healing process?

Are you seeking answers? If so, look no further...

The answer is in your own hands



Heal yourself naturally and holistically

Your number one question right now should be:

‘What can I do to help my body heal itself as fast as possible?’

The good news is:

Your body is an exquisitely balanced system, and it knows exactly how to heal itself.

But it can't do it alone. **Your body needs your help.** There are two things you must do to restore your body to perfect health:

Treat yourself holistically and naturally.

- ✓ Healing yourself **holistically** means treating yourself as ‘*a whole person*’.
- ✓ Healing yourself **naturally** means using Mother Nature's own natural products and food to heal you.

HERE'S WHAT TO DO:



PHYSICALLY

Boost your body's natural healing processes by giving it exactly what it needs to restore physical balance and harmony. Following a whole-foods, plant-based diet, stretching, exercising and activating your organs of elimination will detoxify you, deep clean your system and regenerate your body cells at a molecular level.



MENTALLY

Use the amazing power of your mind to heal your body and create the reality you most desire for yourself and your family. Healthy, positive thinking triggers well-being, vitality, energy, rejuvenation and healing. It is an essential life-skill to acquire and cultivate on a healing journey.



SPIRITUALLY

Become conscious of your true-self and connect with the natural healing energy within you. Through powerful guided meditations you can raise your self-awareness and heal your body's energy centres, restoring balance and harmony within. *(You'll find your healing in the last place you look – within.)*



EMOTIONALLY

Identify the emotional blockages that are making you sick and deal with them, once and for all. Emotions are powerful creative forces. It's essential to tune into your emotional guidance system, so that you can steer your thoughts and actions in order to heal your body and discover true wellness.

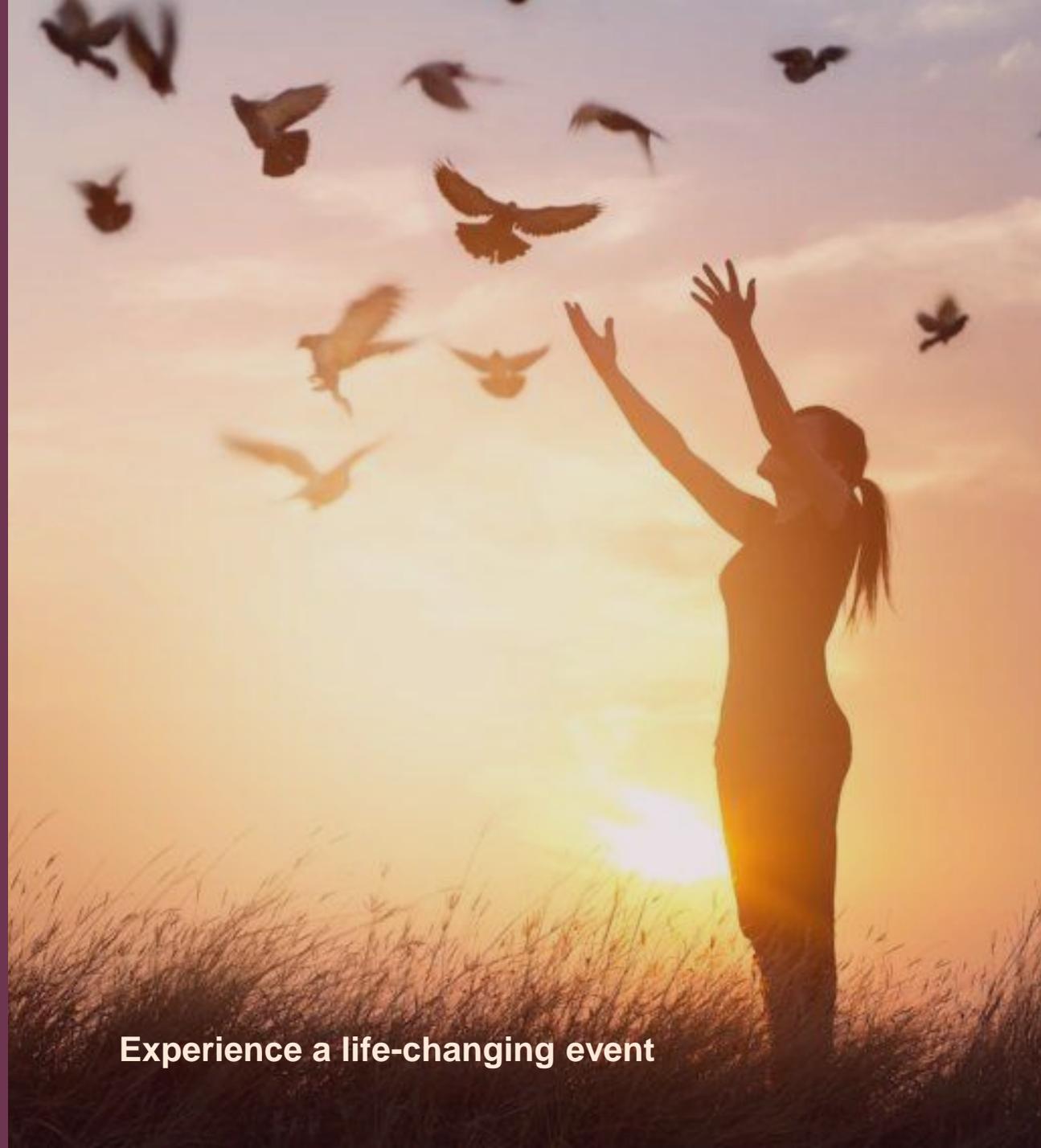
Restore harmony in your life and you will restore harmony in your body



HENRY JONES HEALING SANCTUARY

WELLNESS RETREAT PACKAGE INCLUDES:

- ✓ Transport from Joburg International Airport to and from our healing sanctuary.
- ✓ Comfortable, private and shared accommodation
- ✓ All meals and juices (Scrumptious whole-foods, plant-based diet).
- ✓ Fully-facilitated day program.
- ✓ Theoretical and practical healing classes.
- ✓ Daily cooking lessons.
- ✓ Henry Jones 40 Day Jumpstart Healing Program books and materials (Optional)



Experience a life-changing event



ACCOMMODATION

Old Joe's Kaia is a unique Country House situated in the magnificent Schoemanskloof Valley in Mpumalanga, near the game reserve, in South Africa.

This ideal healing sanctuary offers exquisite gardens, fabulous scenery, fresh mountain air, prolific bird life, and a wonderful relaxing, homely atmosphere.

Accommodation is offered in Kaia Rooms, Rondavels and Log Cabins. Each of these units has a different theme and is uniquely decorated. All units have a balcony or veranda and bathroom en suite (bath and shower).

A yoga studio and treatment rooms have been established to assist guests on their healing journey. Old Joe's Kaia has a magnificent living labyrinth which guests can stroll along to find inner peace.

**12 individuals maximum
BOOKING IS ESSENTIAL**

FOOD

MEALS & COOKING LESSONS

We'll serve you the most delicious and nutritious meals three times a day, and load you up on powerful healing juices.

Gifted vegan chef – Marian Cottle - will also teach you how to make these sensational meals, so that you can enjoy them with your family at home.

ENJOY A WHOLE-FOODS, PLANT-BASED DIET

Henry Jones's philosophy on food is simple:

**“If it looks like man made it,
don't eat it.**

**If it looks like Mother Nature made it,
do eat it.”**



Personal attention
and care



DAY PLAN

FULLY-FACILITATED

Our expert facilitators guide our guests on their healing journey and provide them with personal attention every step of the way.

Each day is filled with theoretical and practical classes that are carefully selected to promote natural and holistic healing, including:

- ✓ Holistic healing classes
- ✓ Meditation classes
- ✓ Stretching classes
- ✓ Physical exercise classes
- ✓ Cooking classes
- ✓ Reflection sessions
- ✓ Art therapy
- ✓ Me-time
- ✓ Labyrinth walks
- ✓ And much, much more!

TIME	DAY SCHEDULE
6.00am	Yo-Chi Stretch Sequence
6.30am	Meditation Class
7.00am	BREAKFAST
8.00am	Labyrinth Walk / Healing Stances
8.30am	Day Preparation
9.00am	Healing School
10.30am	Private Time
11.00am	Healing School (Practical)
12.00pm	LUNCH / Cooking class
1.00pm	Art Therapy / Garden
2.00pm	Healing School
3.00pm	Healing Exercises
4.30pm	Passive Exercise
5.00pm	Rest / Recreation
5.30pm	Cooking Class
6.00pm	DINNER
7.00pm	Reflection Session
7.30pm	Workbook & Journal
8.00pm	Bed Time
8.30pm	Reading & Review Time
9.00pm	Lights Out

SPECIAL CLASSES

Yo-Chi Stretch Routine:

The word yo-chi is a derivative of yoga and tai chi. You'll learn a carefully choreographed sequence of body movements that give you an overall stretch work out in 15 minutes, which you can do for the rest of your life.

10 Healing Stances:

You'll learn a sequence of ten, powerful healing stances that connect your mind, body and emotions in order to promote homeostasis, activate your cerebellum (being brain) and heal your body.

HJX Workout Class:

You'll learn a unique sequence of passive exercises that incorporate Movement, Balance, Strength and Control, which can be performed on a beach towel anywhere, anytime.

Energy Centre Self-Healing Technique:

You'll learn a specific technique to align and heal your body's energy centres.

Whole-foods, plant-based cooking:

You'll learn how to prepare food that will heal your body and tastes great.

YOUR FACILITATORS



Treska Botha

Treska is a registered nurse with over forty years of work experience. She has completed the Jumpstart Healing Program and is a strong advocate of natural and holistic healing. Her great passion in life is helping others to find true wellness. She is the Journey Leader Assistant, focusing on the overall well-being and comfort of our guests.



Peter Stephen Shrimpton

Peter wrote the book *The Healing Chronicles of Henry Jones* and developed the Jumpstart Healing Program. He is the founder of the Henry Jones Wellness Institute, which helps people heal themselves through his exclusive books, programs, classes, seminars and retreats. Peter is the Journey Leader and primary trainer.



Marian Cottle

Marian is a gifted chef who specializes in whole-foods, plant based meals. She uses natural food to heal people's bodies, minds and spirits. Her greatest joy comes from teaching others to prepare the most delicious and nutritious food, and seeing their eyes light up when they realize that they too can prepare scrumptious meals for themselves and their families.



Author: Peter Stephen Shrimpton

Peter was diagnosed with cancer at the age of thirty three. Many visits to medical practitioners and hospital left him feeling helpless and afraid. As a victim of disease, he was told to depend entirely on his treatment and medication to get well again (and just hope for the best).

What else could he do?

Searching for answers, Peter read volumes of medical journals and spent many, long, dry hours researching the latest drugs that modern medicine has to offer. Nothing he read brought him closer to understanding the cause of his problem, or healing his body.

ABOUT THE AUTHOR

But then he discovered natural healing and a whole, new and exciting world of opportunity opened to him. He consumed every self-help book that he could find on the subject, and started practicing natural healing techniques.

As he immersed himself in this fascinating approach to wellness, Peter made key notes from the scores of inspirational books he read and people he met, and he wrote about his experiences.

After restoring his body back to perfect health, he volunteered in a local hospital for two years where he got to share his newfound knowledge and experience with sick people. Finding great value in the notes he liberally distributed, patients frequently suggested he write a book. At first he thought this was a crazy idea because he felt unqualified to be a writer, as much as he was assured his healing journey was worth writing about.

Most of the books Peter read specialized in a field of healing, but he couldn't find one that showed readers exactly how to heal themselves holistically - physically, mentally, emotionally and spiritually.

Preferring novels to self-help books, Peter was finally persuaded to write a story that genuinely helps people heal themselves, naturally, holistically and permanently.

His book, *The Healing Chronicles of Henry Jones*, was written for people who are sick, but it is relevant for everyone.

His writing style is colloquial and easy-to-read, so that complex issues are made slap-your-forehead-simple for ordinary folk with no medical background.

After writing *The Healing Chronicles of Henry Jones* Peter set out to develop a healing program that would enable people to apply what they learn from his book. He took his years of research and practical experience and developed the *Henry Jones Healing Workbook*, and produced the *Jumpstart Healing Program*.

If you need to heal your body, the *Henry Jones* book series will provide you with a complete healing system that is very easy to use, and extremely effective. It is our sincerest wish that you embark on this healing journey and experience firsthand how it helps you to heal your body and brings true wellness into your life. It worked for Peter, and many others, and it will work for you too.

OUR PROMISE TO YOU...

- ✓ We'll take you on an amazing, natural, holistic healing journey, and show you many wonderful techniques that will help you to heal your body and discover true wellness.
- ✓ We'll give you all the knowledge you need to heal your body and provide you with the practical tools you need to do this healing journey.
- ✓ We'll give you a roadmap to your recovery, escort you every step of the way, and do everything we can to ensure you reach your destination.
- ✓ We'll provide you with a life changing event and a chance to get well and stay well – physically, mentally, emotionally and spiritually.

“I have never come across such a complete, detailed health recovery system in my entire career in medicine over the past 40 + years.”

– Dr Fred Van Der Riet

“This healing program was truly the greatest act of love and caring that I have ever experienced.”

- Annette Steenkamp

“As a health practitioner I have seen many healing programs but I have never experienced anything as thorough and powerful as this one.”

– Lynnette Moodey

“My gratitude extends to beyond thank you - for making me believe, for making me healthy, for awakening my spirit.”

– Graham Praetorius

THE HEALING CHRONICLES OF HENRY JONES

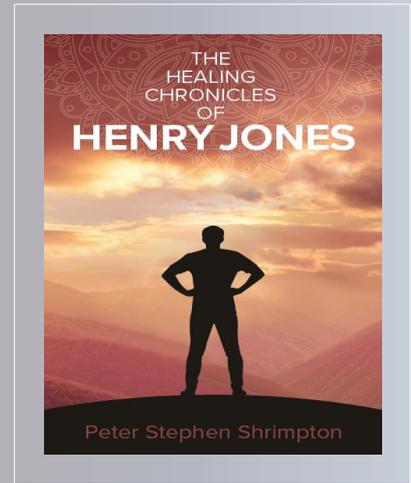
JUMPSTART HEALING PROGRAM

4 Powerful healing processes
in 40 days and 40 nights:

- Mental
- Physical
- Spiritual
- Emotional

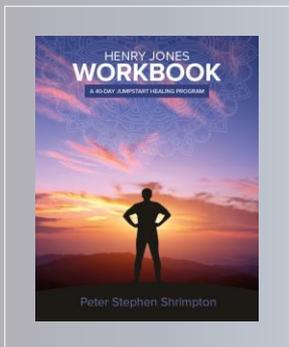
All books, materials and tuition
included.

Peter Stephen Shrimpton



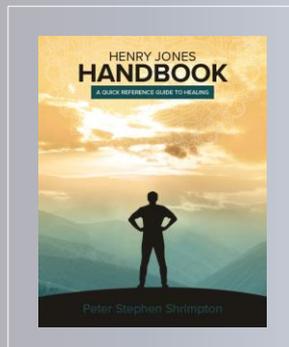
THE HEALING CHRONICLES OF HENRY JONES:

About the book: Henry Jones has a big, brown envelop that contains the secrets of self-healing. He meets a publisher who is sick and they strike a deal. The publisher helps Henry Jones to turn the envelope's mysterious contents into a book and in return Henry Jones shows the publisher exactly how to heal himself physically, mentally, emotionally and spiritually. Together, they embark on a fascinating healing journey and explore many ancient and modern healing systems. Along the way, Henry Jones introduces the publisher to his outlandish group of friends who are specialists in various fields of natural healing, and they get to experience their unique approaches to health and wellness.



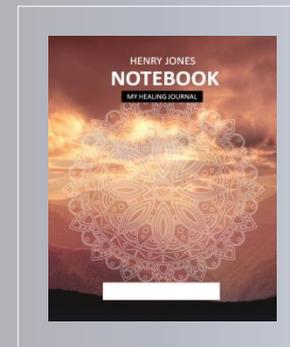
THE HENRY JONES WORKBOOK

The Healing Chronicles of Henry Jones is accompanied by The Henry Jones Workbook, which is a practical healing program designed for personal use. The Workbook is jam-packed with powerful healing exercises that are designed to heal you; physically, mentally, spiritually and emotionally. It includes a daily Activity Planner that runs for forty days and forty nights. The Healing Chronicles of Henry Jones provides you with all the knowledge you need to heal your body whilst The Henry Jones Workbook enables you to design and manage your own Healing Program. You can't heal your body by reading a book, you must apply what you learn. The Henry Jones Workbook makes it easy for you to schedule healing treatments, record your experience, monitor and evaluate your progress, set goals and reward yourself. It guides you through a powerful Jumpstart Healing Program that will put you on the road to recovery and help you to restore your body back to perfect health.



THE HENRY JONES HANDBOOK

The Healing Chronicles of Henry Jones is a self-help novel that contains all the knowledge and wisdom you need to heal your body. It's loaded with hard facts, sage advice, words of wisdom and power statements that will motivate and inspire you to heal yourself. The Henry Jones Handbook gives you the facts without the fiction. All the educational content is extracted from each chapter in the book, categorised by themes, and presented in hot lists, checklists and summaries that make learning a breeze. Each text block has a reference number, which makes it easy for you to do the healing exercises in the Henry Jones Workbook. This quick-reference-guide ensures you have the essential knowledge you need to complete the exercises at your fingertips. The Henry Jones Handbook is ideal for cramming all the information you need to heal your body into your head as quickly as possible. *Get it, study it, live it!*



THE HENRY JONES NOTEBOOK:

The Henry Jones Notebook is an essential tool for you to use when you do the daily prescribed healing exercises. Each healing exercise has a specific text block for you to record your answers in the Notebook, as well as blank pages for you to keep a journal of your healing journey and more.

Together, these books provide you with a unique, do-it-yourself, natural and holistic healing system that will help you to heal your body, discover your true-self and change your life forever.

WHAT YOU GET:



KNOWLEDGE:

There is a vast myriad of approaches to human healing out there, and all of them are available to you. From ancient healing systems to revolutionary, new, breakthrough healing technologies; you have a smorgasbord of treatments to choose from. Henry Jones gives you all the information you need to heal your body across multiple modalities.



TOOLKIT:

Tools are essential. Try felling a tree with your bare hands, or digging a grave without a shovel, or climbing ice without a pick, then you will realize the value and importance of tools. Healing techniques are the tools that you need to use to heal your body. Henry Jones shows you powerful, practical techniques that you can use to heal your body holistically, naturally and permanently.



MANUAL:

When you get a brand new power tool or technological device you also need a manual that explains how to use it. *True? Of course it is!* That's why Henry Jones gives you a simple, easy-to-use, step-by-step Workbook that shows you exactly how to heal your body holistically over forty days.



PROGRAM:

A program is a sequence of activities or events that are structured to produce a desired result. This is a very basic but crucial concept that you need to understand on a healing journey. You have the ability to program yourself. Henry Jones enables you to design your own healing program so that you know exactly what you are going to do each day to heal your body and when you are going to do it.



PERFORMANCE MANAGEMENT:

You shouldn't have to wait for more tests or scans to tell you what progress you are making. Henry Jones gives you a monitoring and evaluation system for your healing journey. It includes a scorecard that enables you to measure and track your performance, set targets and reward yourself for achieving them.

LEARN

MENTAL HEALING 101

LEARNING OUTCOMES

You'll learn how to:

- ✓ Tell the difference between your ego-mind and true-self.
- ✓ Connect to your true-self
- ✓ Program your sub-conscious mind to heal your body.
- ✓ Break bad habits and form good ones.
- ✓ Develop a lasting positive attitude and healing mindset.
- ✓ Set holistic healing goals.

LEARNING UNITS

- ✓ Science of changing your mind
- ✓ Activating Homeostasis
- ✓ Ego-mind vs True-self
- ✓ Mind Power
- ✓ Breaking Habits & Vices
- ✓ Creativity & Imagination
- ✓ Five Mental Laws
- ✓ The power of goal setting
- ✓ The True Gift of Sickness



Attend our healing school and grow

OPTIONAL EXTRA



TEN DAY PACKAGE All Inclusive Price

R15,000

sharing

R18,000

single

- ✓Transport from OR Tambo Airport
- ✓Accommodation
- ✓Meals & health drinks
- ✓Program facilitation
- ✓Consultations & treatments
- ✓Books & Materials

Start Henry Jones's signature
40 day Jumpstart Healing Program
by spending the first ten days with us at Old Joe's Kaia.

Complete the Mental Healing Process
at our Healing Sanctuary.

Return home, or stay on, to complete the remaining
healing processes over the next 30 days for an additional
accommodation fee only.

All books, materials and tuition included.

Discover true wellness



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