

SHA
Masters of Longevity



The Resiliency Experience

Intimate Retreat at SHA Mexico with Dr. Jill



EXPERIENCE A TRANSFORMATIVE 5-DAY JOURNEY

Dedicated to enhancing your health and well-being. Hosted at the Best Wellness Retreat in Mexico: **SHA**.

Join Dr. Jill Carnahan at SHA Mexico to discover the transformative blueprint for lasting health and well-being. This intimate retreat focuses on **building resilience and thriving in today's complex and often toxic world**. Reclaim your vitality, restore balance to your mind and body, and unlock the full potential of vibrant health with the **Rebalance & Energize Health Program**, complemented by **private talks and expert teachings from Dr. Carnahan**. Limited private consultations with Dr. Carnahan are available during the retreat dates *for an additional fee*.

From \$7,350 USD*

April 26th - April 30th, 2025.

***Inclusions:**

- 4 nights of Overnight Accommodation in an Oceanfront Deluxe Room at SHA Mexico.
- SHA Nutrition Plan, inclusive of breakfast, lunch, dinner.
- 4-day Rebalance & Energize Health Program.
- Daily workshops with Dr. Carnahan.



DR. JILL CARNAHAN, M.D.

Dr. Carnahan, known as “Your Functional Medicine Expert®” is a **board-certified physician specializing in functional and integrative medicine**. As the Medical Director of Flatiron Functional Medicine, a practice sought after by A-list celebrities and athletes, she provides cutting-edge, holistic care to address the root causes of health challenges.

A best-selling author, international speaker, and survivor of breast cancer, Crohn’s disease, and mold toxicity, Dr. Carnahan is **dedicated to empowering individuals to achieve optimal wellness**. Her notable work includes the memoir *Unexpected*, the Amazon Prime film *Patient/Doctor*, and contributions to the textbook *Personalized and Precision Integrative Cardiovascular Medicine*.

Dr. Carnahan will be your expert guide on this transformative **5-day retreat: The Resiliency Experience**, who along with the expert team of medical and wellness professionals at SHA, will provide you with practical and powerful tools to optimize your health and well-being.

REVITALIZE THE BODY TO RESTORE AND ACHIEVE MAXIMUM VITALITY, AS WELL AS PHYSICAL AND MENTAL BALANCE

- **Medical Services**

Comprehensive health evaluations

One-on-one medical consultations and science-backed treatments

- **Healthy Nutrition Consultations**

Personalized plans

Expert consultations

Therapeutic drinks

- **Natural Therapies Treatments**

Bioenergy, acupuncture, detox treatments

Hydrotherapy Circuit access.

- **Wellness Activities**

Mindfulness, meditation, cryotherapy, fitness training, and holistic sessions.

- **Healthy Living Academy Activities**

Group classes, workshops, talks, and outdoor activities.

THE RESILIENCY EXPERIENCE

The retreat's programming combines advanced technologies and clinically supported treatments to relieve stress, rebalance the body's systems, and revitalize its functions at the cellular level. This holistic approach is designed to promote deep recovery, improve energy levels, and restore overall well-being.

WHAT CAN YOU EXPECT FROM THE RETREAT?

Throughout the retreat, we'll unlock the secrets of longevity and vitality through personalized medical consultations and natural therapies lead by SHA experts, along with exclusive talks by Dr. Carnahan. Key takeaways include:

- **Mentorship from Dr. Carnahan**
Intimate workshops and daily Q&A sessions tailored to nutrition and lifestyle.
- **Advanced Preventive Diagnosis**
Cutting-edge health assessments.
- **Stress Reduction**
Techniques to support cellular health and longevity.
- **Vitality Approaches**
Innovative methods for enhancing overall well-being.
- **Nourishing Cuisine**
Anti-inflammatory meals for optimal results.
- **Cellular Energy**
Boost energy and system functionality.
- **Group Fitness Sessions**
Focus on strength and flexibility.
- **Mind-Body Techniques**
Tools to calm and reset the nervous system.
- **Advanced Bionergetic Assessment**
Energy flow evaluation through Traditional Chinese Medicine.
- **Acupuncture & Natural Therapies**
Healing modalities to enhance wellness and vitality.
- **Special Gift**
A signed copy of *Unexpected* by Dr. Carnahan.
- **Exclusive Private Consultations**
Personalized wellness plans with Dr. Carnahan (limited availability, with an additional fee).
- **Community**
Forge meaningful connections in an inspiring environment.

WHAT CAN YOU EXPECT FROM THE SHA METHOD?

For those people who feel general exhaustion, suffer from mental and psychological stress or have just recovered from some kind of aggressive illness and are looking to revitalize their organism while learning new healthy living habits at the same time.

Key pillars of the program are:



MEDICAL SERVICE



HEALTHY NUTRITION



NATURAL THERAPIES



WELLNESS



MIND AND BODY



PHYSICAL PERFORMANCE



HEALTHY LIVING ACADEMY

INCLUSIONS

MEDICAL SERVICES

General health examination

Advanced Preventive Diagnosis

- Body Composition Analysis
- 3D Body Scanner
- Measurement of Vital Signs
- Cognitive Domain Test
- Analysis of cardiovascular status and nervous system activity
- Measurement of advanced glycation product accumulation

General medical consultation at the beginning of the program

Revitalizing medicine consultation

Ozone therapy session with GAH intravenous

HEALTHY NUTRITION

Consultation with an expert in nutrition and natural therapies

Nutrition plan adapted to your needs

Natural therapeutic drinks, based on prescription

NATURAL THERAPIES

Integrated bioenergy assesment with electromagnetic evaluation

Acupuncture session

WELLNESS

Treatment of oriental therapies adapted to your needs: shiatsu, nuat boran and similar

Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet

Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)

MIND AND BODY

Group sessions with Dr. Carnahan personalized each day including: Meditation, mindfulness or pranayama techniques

PHYSICAL PERFORMANCE

High intensive fitness training with the retreat attendees

Cryotherapy session

HEALTHY LIVING ACADEMY

Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others

ACOMMODATIONS

4-nights overnight accommodations in an Oceanfront Deluxe Room*

*Additional room categories available at an additional rate

EXCLUSIVE FOR THIS RETREAT

Opening Circle with Dr. Carnahan, setting your intention for the retreat

Intimate Workshops and gathering with Dr. Carnahan

"Doctor/Patient" Movie Premier

"Unexpected" book copy signed by Dr. Carnahan

Closing Circle with Dr. Carnahan

THE RESILIENCY EXPERIENCE WITH DR. CARNAHAN

Retreat itinerary

April 26 - 30 | April 30 - May 4, 2025

	Day 1	Day 2	Day 3	Day 4	Day 5
7:00 - 8:00 am		Group Fitness (High Intensity Training)	Group Fitness (High Intensity Training)	Group Fitness (High Intensity Training)	Group Fitness (High Intensity Training)
8:00 - 9:00 am		Breakfast	Breakfast	Breakfast	Closing Circle with Dr. Carnahan
9:00 - 10:00 am		SHA session	SHA session	SHA session	Breakfast
10:00 - 11:00 am		SHA session	SHA session	SHA session	Group Departures
11:00 am - 12:00 pm		SHA session	SHA session	SHA session	
12:00 pm - 1:00 pm		SHA session	SHA session	SHA session	
1:00 pm	Group's Arrivals Check-in. Preferably to arrive by to 2:00pm	Mindful Lunch	Mindful Lunch	Mindful Lunch	
2:30 - 4:00 pm		SHA Sessions	SHA Sessions	SHA Sessions	
4:30 - 6:00 pm	Opening Circle Workshop with Dr. Carnahan	Workshop with Dr. Carnahan	Workshop with Dr. Carnahan	Workshop with Dr. Carnahan	
6:30 - 8:00 pm	Dinner with Dr. Carnahan	Dinner with Dr. Carnahan	Dinner with Dr. Carnahan	Farewell Dinner with Dr. Carnahan	
8:00 - 9:00 pm	Movie Premier with Dr. Carnahan	Mindfulness group with Dr. Carnahan	Moonlight Healing Meditation Group with Dr. Carnahan		



ACCOMODATIONS

Comfortable rooms and suites with oceanfront views meticulously designed to provide a welcoming and pleasurable experience at SHA Mexico.

The opportunity to enjoy an incomparable setting in an ideal stay, sheltered by breathtaking views of the Caribbean Sea.

OCEANFRONT DELUXE



Up to 670 ft²

- 1 Combined bedroom and living room
- Large terrace
- Oceanfront view

- Combined bedroom and living room
- King size bed
- Spacious dressing room
- Spacious bathroom with shower
- Private terrace facing the sea
- Safe deposit box
- Smart TV
- Free WiFi
- Digital press service
- A menu of pillows
- Healthy snacks menu

The space in ft² is approximate and includes terrace.

Rates per night

From May 1 to November 15

550 USD

From November 16 to April 30*

650 USD

From December 27 to January 7

750 USD

*Excluding the period from December 27 to January 7.

Taxes and service charges not included.

OCEANFRONT DELUXE PLUS



Up to 755 ft²

- 1 Combined bedroom and living room
- Large terrace
- Oceanfront views
- Bathroom with bathtub

- Combined bedroom and living room
- King size bed (or 2 Queen size beds on request)
- Spacious walk-in closet
- Spacious bathroom with shower and tub
- Private terrace facing the sea
- Safe deposit box
- Smart TV
- Free WiFi
- Digital press service
- A menu of pillows
- Healthy snacks menu

The space in ft² is approximate and includes terrace.

Rates per night

From May 1 to November 15

625 USD

From November 16 to April 30*

725 USD

From December 27 to January 7

825 USD

*Excluding the period from December 27 to January 7.

Taxes and service charges not included.

OCEANFRONT SUPERIOR



Up to 970 ft²

- 1 Combined bedroom and living room
- Large terrace
- Oceanfront views
- Bathroom with bathtub

- Combined bedroom and living room
- King size bed
- Spacious walk-in closet
- Spacious bathroom with shower and bathtub
- Private oceanfront terrace
- Breakfast bar
- Safe deposit box
- Smart TV
- Free WiFi
- Digital press service
- A menu of pillowsHealthy snacks menu

The space in ft² is approximate and includes terrace.

Rates per night

From May 1 to November 15

700 USD

From November 16 to April 30*

800 USD

From December 27 to January 7

900 USD

*Excluding the period from December 27 to January 7.

Taxes and service charges not included.

OCEANFRONT SUPERIOR SUITE



Up to 1,080 ft²

- 1 bedroom
- Living-room
- Oceanfront views
- Large terrace with Jacuzzi

- Separate bedroom
- Keen size bed (or 2 queen size beds on request)
- En suite bathroom with shower
- Spacious dressing room
- Private terrace facing the sea
- Breakfast nook
- Jacuzzi
- Safe deposit box
- Smart TV
- Free WiFi
- Digital press service
- A menu of pillows
- Healthy snacks menu

The space in ft² is approximate and includes terrace.

Rates per night

From May 1 to November 15

800 USD

From November 16 to April 30*

900 USD

From December 27 to January 7

1000 USD

*Excluding the period from December 27 to January 7.

Taxes and service charges not included.

