

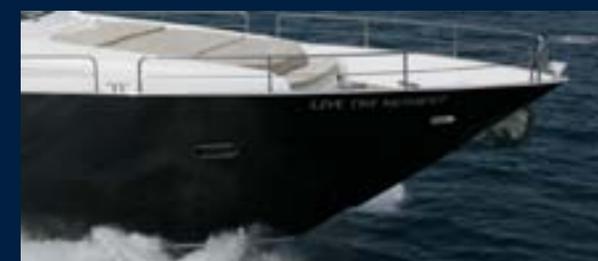
Live The Moment

Your Wellness Lifestyle Choice





*A lifestyle choice that offers
the **LUXURY YACHTING** experience
with **WELLNESS** in mind*



A lifestyle choice that offers the luxury yachting experience with wellness in mind.

The Approach

This is a complementary service offered exclusively by M/Y Live The Moment, where Samar Saba will be with you to support you with your wellness goals.

Samar Saba, co-founder of Wellness & Beyond, first experienced the benefits of wellness back in 2009 when she went to Thailand on a 7day retreat. She has been educating herself on the subject of wellness and detox since then and has attended many retreats in the Philippines, Turkey, UK and Italy. After 19 years working in Marketing and Human Resources across different multinational companies, she decided to leave the corporate world and co-founded Wellness & Beyond with health coach & nutritional microscopist, Paulo Fernandes. Samar is a qualified Acid-Alkaline Health Lifestyle coach and a Mind-Calm Meditation coach.



Program Offerings

- * Alkaline based Cuisine
- * Alkaline Supplements
- * Mind Calm Meditation class & group meditation gatherings
- * Wisdom to a Lifestyle of Wellness (daily talks, demonstrations, documentaries)

The Wellness Lifestyle Program aims to make you look and feel your best by rejuvenating your body and restoring your energy, whilst living your exclusive and luxury moments in the yacht. It also aims to provide you with some information and knowledge to be able to maintain a lifestyle of wellness beyond the program.

Let food be your medicine.

~ Hippocrates



The traditional Western diet and lifestyle add stress to our bodies. The conventional food is processed with chemicals and artificial ingredients, and is full of unhealthy fats, salts, and sugars. Consuming these foods leads to toxic accumulation, inefficient absorption of nutrients, and poor oxygenation, that all lead to acidity.

Everything in the universe has an opposite force, positive and negative, yin and yang, light and dark, etc., and one duality is acid and alkaline. And hence if we are to neutralize acidity, we will need to balance it with alkalinity. Every food and drink we consume has the potential to form acid or alkaline leftover during digestion. This leftover has the potential to alter our body's pH environment and balance.

The internal pH environment is critical as it influences every single function in our body, from breathing to digestion. Our body needs a slightly alkaline environment in order to function at peak performance, and it will go to great lengths to maintain the appropriate pH level.



Unfortunately, the majority of people today are in the acid state because of too much acidifying foods and lifestyle. So how do we make our body alkaline? The first step is to increase the intake of alkaline forming foods, basically plant based foods, such as vegetables, and lessen the intake and quantity of acidifying foods such as red meat, fish, coffee, alcohol, and processed foods.

Over the course of your stay, you will enjoy a variety of alkaline food and juices prepared by our Chef, to support your body in neutralizing the acidity through the consumption of nutrient rich food.

Alkalizing supplements are also used to bring the body into balance more quickly. The main supplements we use during your program are the following:

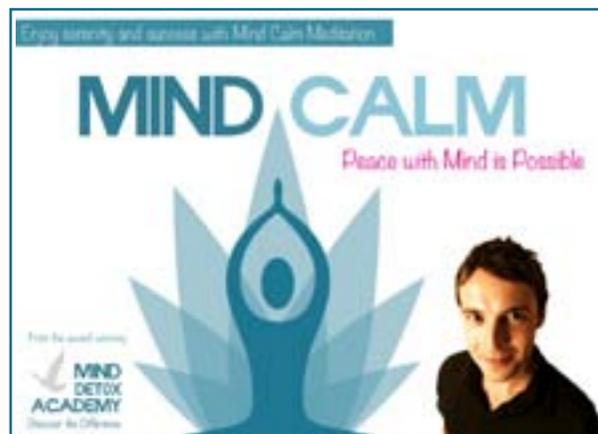
pH Drops: Our body comprises of about 70% water (brain 85%, blood 93%) so it's critical that we keep it hydrated. The bottled mineral water in the market has a neutral pH level. By adding pH drops to our mineral water, we can make alkaline water with a pH of 8.5+.



Super Greens: is a concentrated nutritional supplement, providing the benefits of various vegetables, sprouts and herbs, all organic and natural, not having any kind of chemicals.

pHlush: is a natural laxative used to clear undigested food from the small and large intestines.

pHlavor: natural saline solution loaded with minerals of the earth used to replace those electrolytes of sodium, magnesium, potassium, and calcium that are lost due to perspiration.



Meditation

Other than what you eat and drink, what you think and feel has also an impact on your health. Meditation has been proven to clear the mind in ways that promote a sense of calm, relaxation and heightened awareness.

Mind Calm Meditation is a practical technique that allows you to let go of the constant chatter happening in your mind. In doing so, Mind Calm Meditation can help you to worry less, sleep better, improve your relationships, live more in the present moment, and feel more calm and content.

During your stay, you are given expert guidance on how to use Mind Calm Meditation in the most effective and enjoyable ways and have opportunities to meditate for short periods of time as a group. You will also learn how to use Mind Calm Meditation with your eyes open so you can experience the benefits throughout your day.



Wisdom to a Lifestyle of Wellness

During your stay, we aim to provide you with some information and knowledge to enable you to continue on this journey to maintain a lifestyle of wellness to look and feel your best. We cover a series of topics through daily talks, demonstrations and documentaries such as:

- * Alkaline Food - learn about alkaline food and alternative options to acidic food
- * Sprouting - learn the basics of sprouting (including demonstration)
- * Juicing and its benefits (including demonstration)
- * Calcium & Protein Myths Clarified





Wellness Lifestyle organized in collaboration with

