

**OUR GREATEST
WEALTH IS
OUR HEALTH**

USHA VILLAGE

HEALTH = WEALTH

Now more than ever, it's essential to prioritize our health. From malnourished soil and environmental toxins to daily stressors and modern-day challenges, our bodies face constant attacks. Without our health, we have nothing—it is our most important currency.

We invite you to join us at Dr. Sebi's Usha Village, nestled in the lush tropical landscape of Honduras, for a life-changing retreat rooted in the principles of natural healing. This is your opportunity to detox, reconnect with nature, and rejuvenate your mind, body, and soul.

At Usha Village, you'll embark on a journey of transformation and self-discovery, guided by the healing power of alkaline nutrition, geothermal springs, and holistic practices. This is more than a retreat—it's a gift to yourself, an investment in your most valuable asset: your health.

We can't wait to welcome you to Usha Village, where we remember that health is truly wealth.

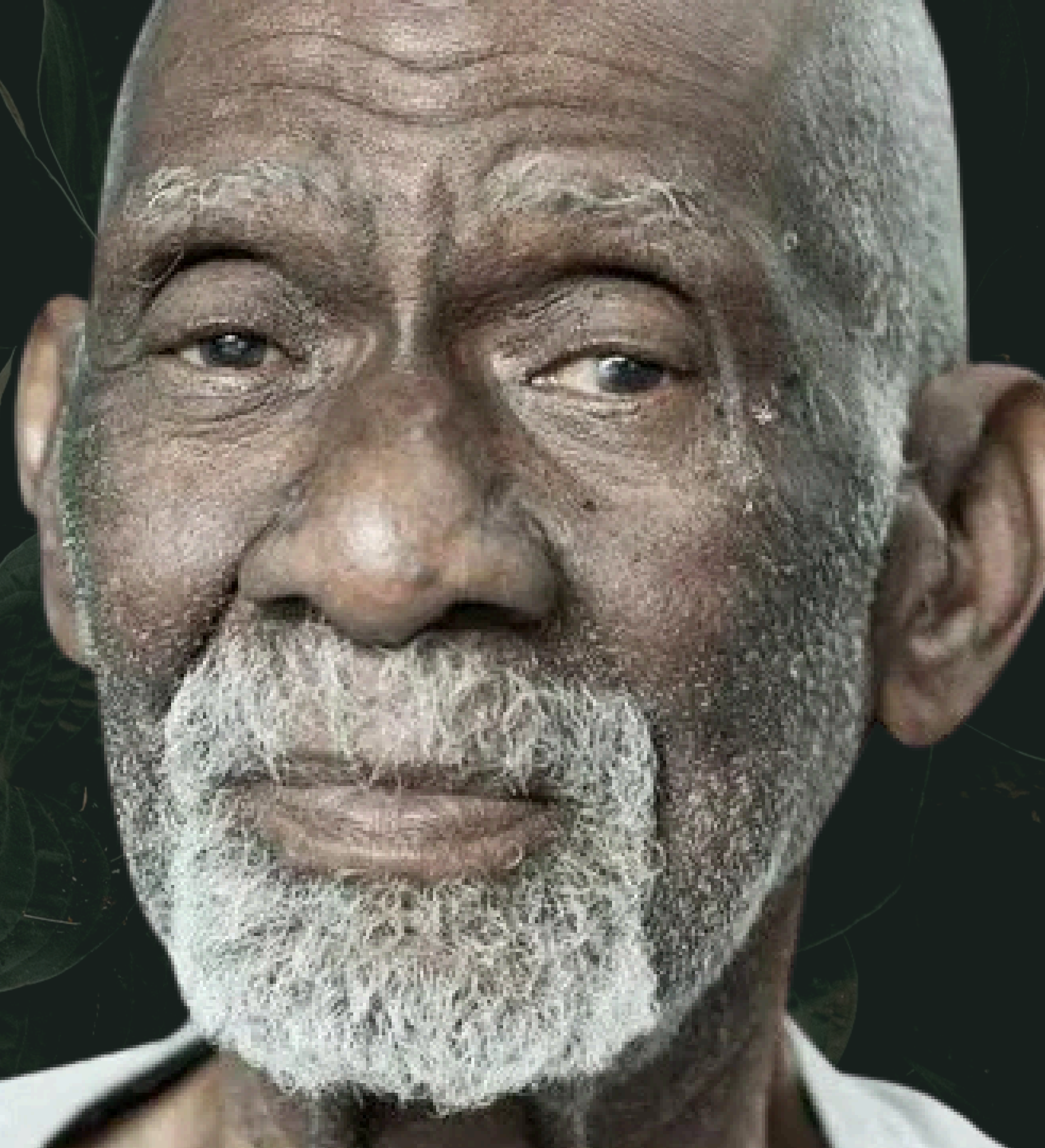


DR. SEBI & THE ORIGIN OF USHA

Dr. Sebi was a legendary pathologist, herbalist, biochemist, and naturalist. Over 30 years, he studied and observed herbs across North America, Central and South America, Africa, and the Caribbean, developing a unique methodology for healing the human body.

His journey began as a self-educated man diagnosed with asthma, diabetes, impotency, and obesity. After unsuccessful treatments with conventional medicine, Dr. Sebi found healing through an herbalist in Mexico. This transformative experience inspired him to create natural, plant-based compounds designed for intracellular cleansing and cellular revitalization.

Dr. Sebi dedicated his life to developing a holistic approach to healing, rooted in empirical knowledge and the power of nature. Usha Village is a testament to his vision—a sanctuary where his principles of natural healing come to life.



“HEALING NEEDS TO BE CONSISTENT WITH LIFE ITSELF.

IF IT ISN'T, THEN IT'S NOT HEALING.”

- DR. SEBI -





USHA VILLAGE

Nestled in the hills of La Ceiba, Honduras, Usha Village is a pristine tropical healing sanctuary. This unique village is home to a wealth of natural resources, including rare geothermal springs and an abundance of healing plants. **The springs at Usha Village are highly alkaline and considered among the most important geothermal springs on the planet.**

Usha Village offers proven intracellular alimentation and thermal water therapy, drawing people from all over the globe to experience its healing properties. Guests can immerse themselves in the village's saunas and bath houses, which have been known to support the treatment of conditions such as cancer, muscular dystrophy, arthritis, STDs and other manifestations of disease.

There couldn't be a better place to disconnect from technology, cleanse the body fully, and reconnect with nature's healing power.

HEALING AT USHA VILLAGE



HEALING PLANT LIFE



GEOHERMAL POOLS



GEOHERMAL SAUNA



HEALING ALKALINE WATERS



PLANT-BASED DIET

ADDITIONAL TRANSFORMATION



PRIVATE HEALTH CONSULT



GROUP CLASSES



FUNCTIONAL MOVEMENT



YOGA SCIENCE



ALKALINITY EDUCATION



MEDITATION PRACTICE



COMMUNITY BUILDING



HERB CARE PACKAGE

A DAY AT THE RETREAT

MORNING:

- **Yoga & Meditation:** Start your day with a rejuvenating yoga session and guided meditation to center your mind and body.
- **Alkaline Breakfast:** Enjoy a nourishing, plant-based breakfast designed to energize and detoxify.

MIDDAY:

- **Alkaline Lunch:** Savor a delicious, nutrient-rich lunch made with fresh, alkaline ingredients.
- **Healing Sessions:** Participate in personalized healing sessions, including herbal therapies and consultations.
- **Spa & Excursions:** Relax with spa treatments, explore the natural beauty of Usha Village, or enjoy free time to unwind. We will have two group excursions during the week.

EVENING:

- **Group Activity:** Connect with fellow participants in meaningful group activities centered around healing and growth.
- **Mindfulness Practices:** Wind down with guided mindfulness exercises and Yin Yoga to promote relaxation and inner peace.
- **Relaxation:** End your day with quiet reflection or a soothing soak in the geothermal springs.

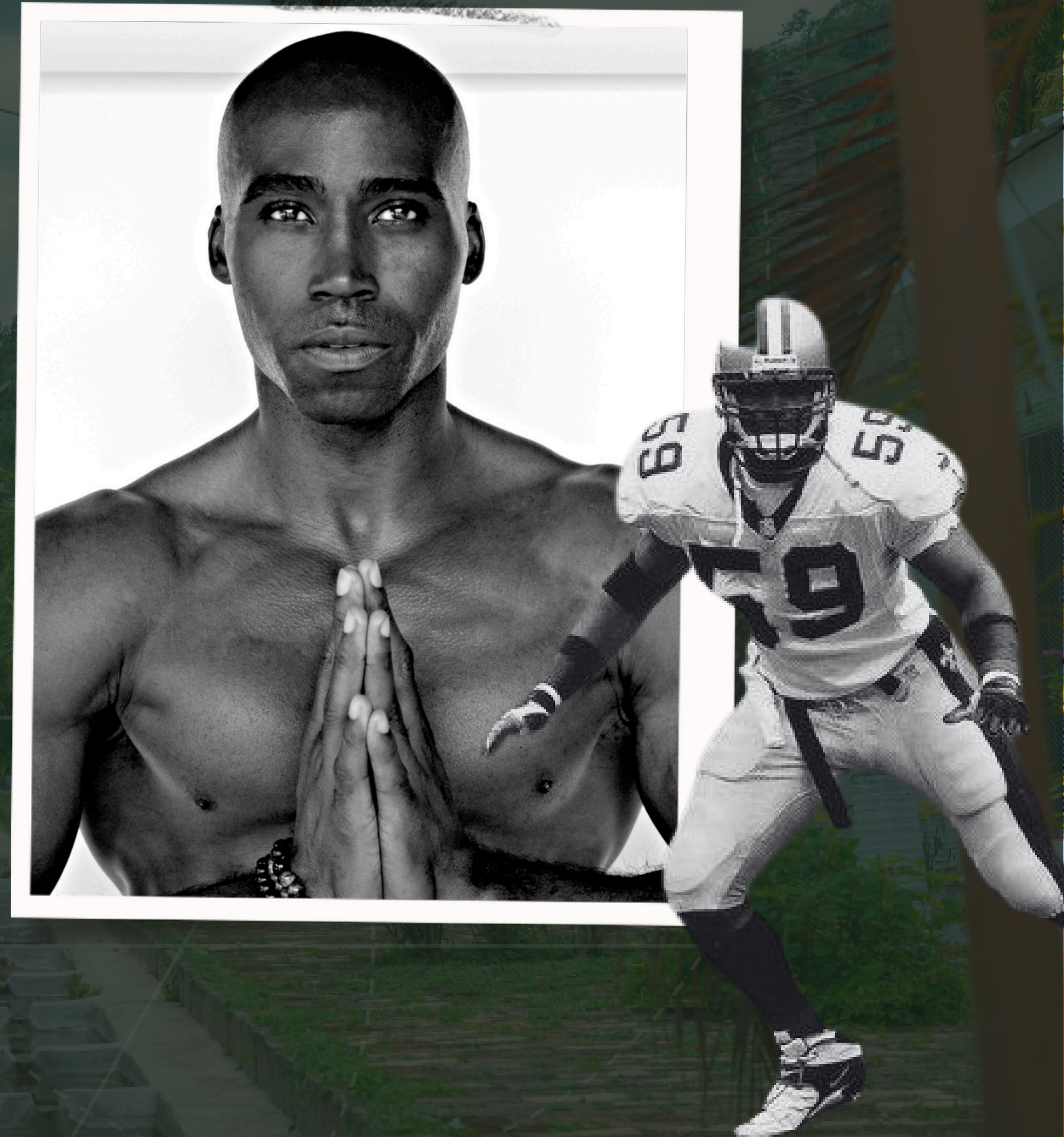


FACILITATOR | KEITH MITCHELL

Keith Mitchell's journey from an NFL All-Pro linebacker to a renowned advocate for mindfulness and holistic health is an inspiring testament to resilience and transformation.

After a career-ending injury left him paralyzed, Keith discovered the profound healing power of conscious breath and mindfulness while confined to a hospital bed. This newfound awareness not only facilitated his physical recovery through yoga but also illuminated a greater purpose beyond the football field.

Under the mentorship of the esteemed Dr. Sebi, Keith deepened his understanding of holistic health, visiting Usha Village over 24 times to refine his knowledge. Today, he channels his experiences into empowering others as a keynote speaker, author, and yoga teacher. With a vision to promote health and longevity, Keith is currently working on establishing functional medicine clinics across the U.S., offering a holistic approach to wellness that reflects his passion for transformative healing and personal growth.

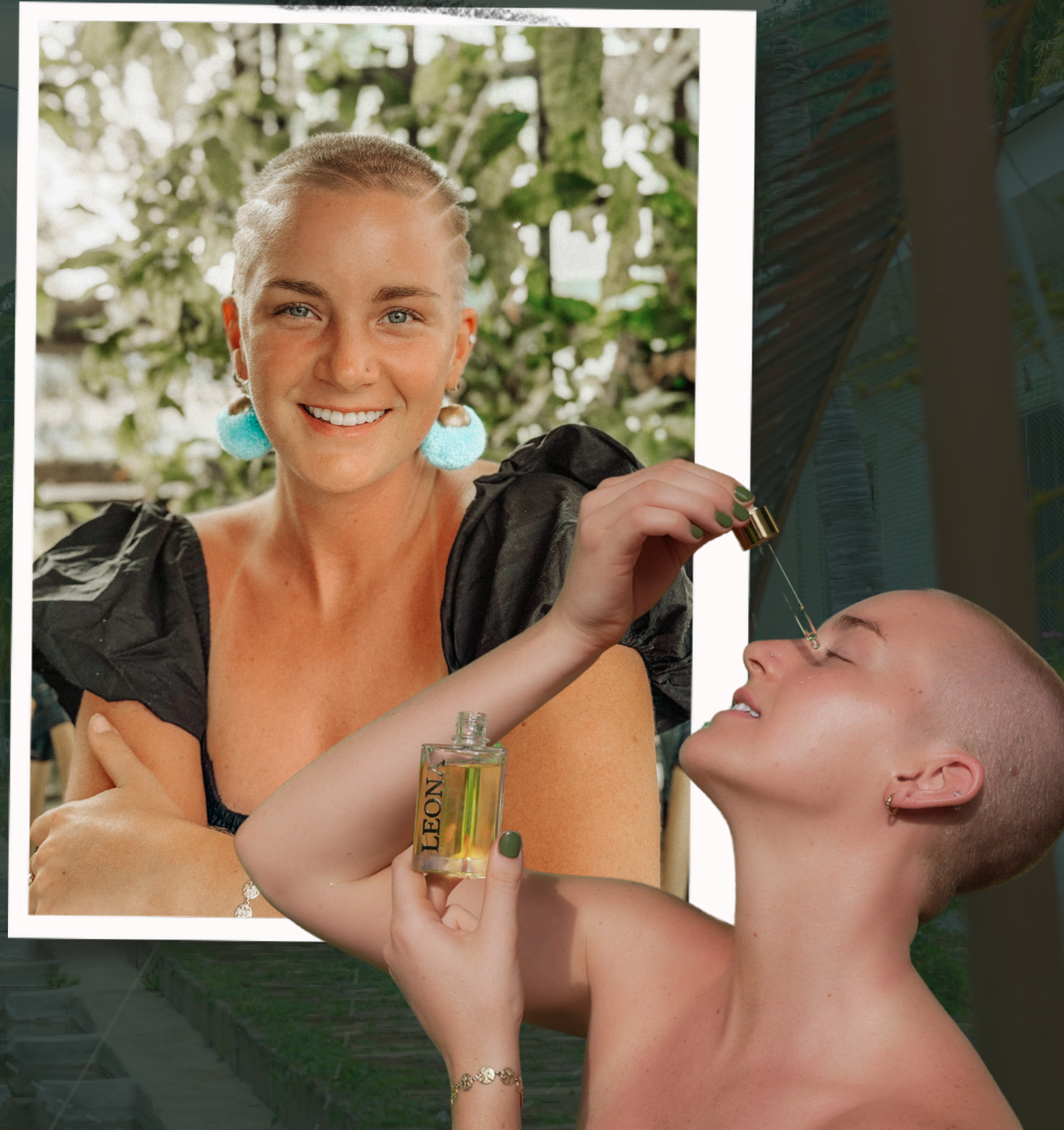


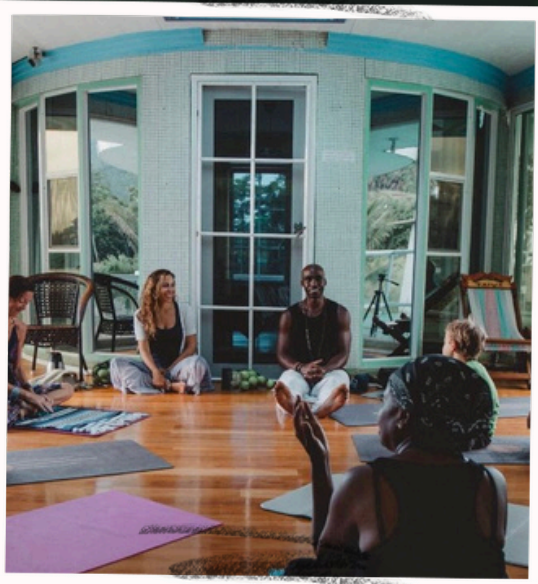
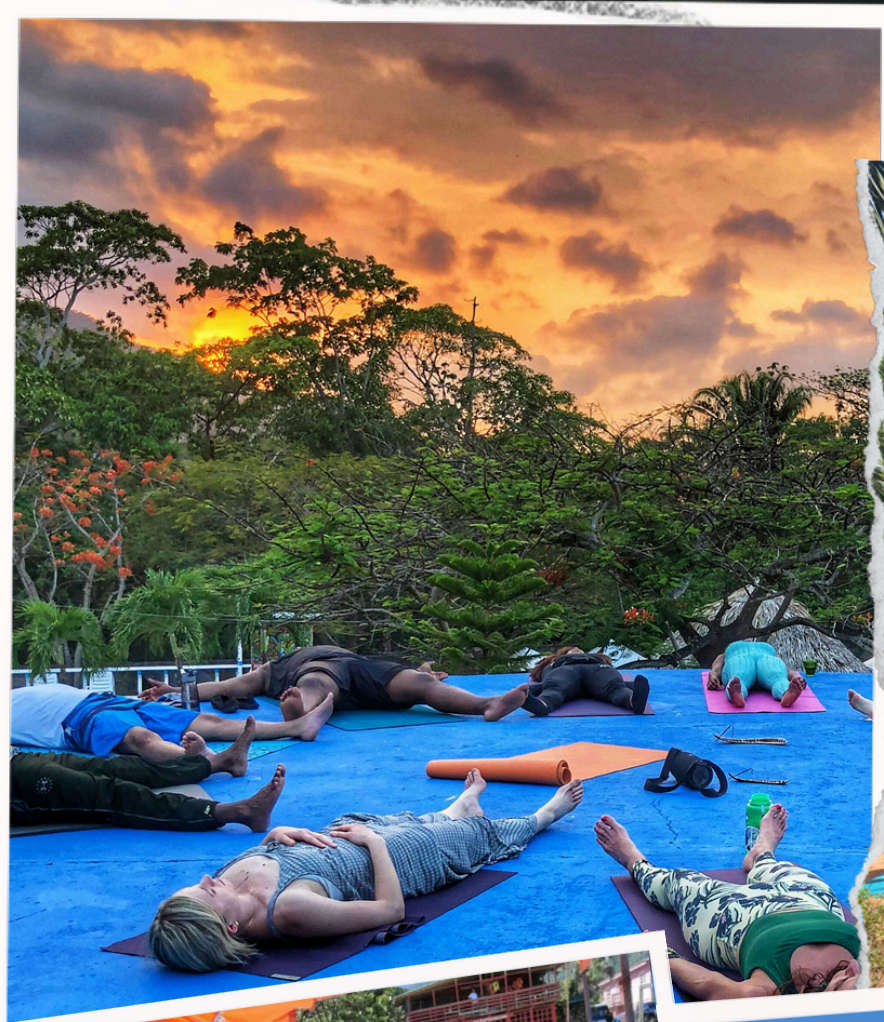
FACILITATOR | HAILEY PETSINGER

Hailey Petsinger is a dynamic force in the wellness industry, merging her extensive expertise as a certified yoga instructor and healer with her entrepreneurial spirit. She honed her skills in the spiritual heartland of Rishikesh, India, completing over 600 hours of specialized training in Ashtanga, Vinyasa, pre- and post-natal, and Yin yoga. Beyond yoga, Hailey is a sound healer, Reiki master, and holds a certificate in sports nutrition, demonstrating her comprehensive approach to health and well-being.

As the CEO and founder of LEONA PRIDE, she has created a holistic, eco-friendly skincare and beauty line that reflects her commitment to sustainability and natural harmony. Her company not only provides tools for individuals to reconnect with nature and achieve inner balance but also actively contributes to environmental causes, donating to charities focused on wildlife conservation, earth regeneration, and ocean purification.

Through her multifaceted work, Hailey inspires others to live more mindful, balanced lives while actively supporting the planet's future. At Usha Village, Hailey brings her expertise in yoga, sound healing, and nutrition to help guests reconnect with their inner selves and the natural world, fostering a deep sense of balance and renewal.





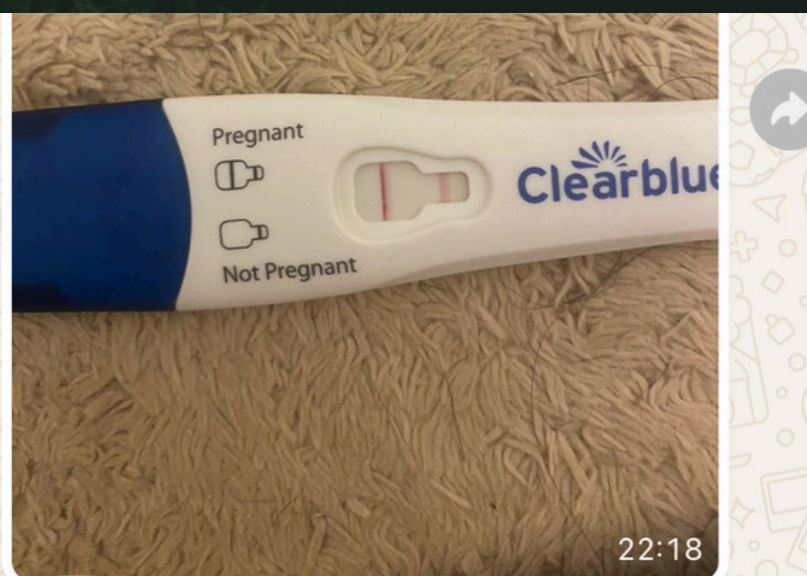
WHAT OUR GUESTS SAY

Words cannot express how I am feeling at this time tears keep coming in my eyes I am Grateful & Thankful to myself to MYSELF for Loving myself. Giving and allowing myself to be FIRST. Opening my heart mind

16:50

and eyes to what life has allowed me to experience at this time in my life. Thank You!! Peace

16:50



22:18

I fully believe that the retreat deserved credit for this!!!

22:18



Good Morning! My breast scan came back negative, there were no abnormal findings 🥰

My first week back from Honduras was incredibly challenging, but I leaned on the peace I found during our group meditations with Keith. That practice helped me stay centered and respond thoughtfully rather than reacting emotionally. Because of that, I overcame every obstacle and made the best decisions for everyone involved.

Much love to all you beautiful souls. I'm so blessed to be a part of this new family 💕!!!

08:52

I'm not sure if you realize how much of a pivotal thing that was for me and my grief and my journey I will be forever grateful to you for that gift and helping me get back to who I needed to be sooner than I would've.

Again, it was an extreme honor and my immense pleasure to meet each and everyone of you, in addition to begin a part of your journey of enlightenment. It was truly an experience I will remember for as long as Allah grants me light 🙏🙏



YOUR HOME AWAY FROM HOME

At Usha Village, we provide serene and comfortable accommodations designed to support your healing journey. Each space will help you disconnect, relax, and reconnect with nature and yourself.

Accommodations:

- Cozy, eco-friendly rooms.
- Private or shared options to suit your preferences.
- Stunning views of the lush tropical landscape.

Amenities:

- Healing gardens and meditation spaces.
- Geothermal springs, spa, and sauna.
- Communal areas for connection and reflection.
- Fresh, alkaline meals prepared with locally sourced ingredients.



TRAVELING TO USHA VILLAGE

There are three options when booking travel:



SAP

Fly into San Pedro Sula:

Three hour cab ride from the airport to Usha Village.

Transportation can be arranged.



RTB

Fly into Roatan:

There are two ways to travel to La Ceiba!

Ferry - The ferry only travels between Roatan and La Ceiba twice a day so we will need to coordinate with the ferry schedule. 70 min ride

Flight - Aerolineas Sosa airlines
Multiple flight times available.
20 minute flight



LCE

La Ceiba:

The closest airport to the village. It will take multiple connections to get to this airport.

Car travel to Usha Village from La Ceiba Is a 30 minute drive.
Transportation can be arranged.



August 24th–31st, 2025

Join us for a transformative 7-night retreat at Usha Village from August 24th–31st, 2025.

What's Included:

- 7-night stay at Usha Village.
- Health consultation and herbal supplements.
- Guided cleanse and detox program.
- 24/7 access to geothermal pools and saunas.
- Alkaline vegan meals and fresh raw juices.
- Daily yoga and meditation practices.
- Beach excursion to the Caribbean Sea.
- WiFi access.

Pricing:

- **Single Occupancy:** \$2,500 per week (plus airfare/ground travel).
- **Double Occupancy:** \$1,800 per week (plus airfare/ground travel).

Additional Services:

- On-site massage therapy and other wellness services.



RESERVE YOUR SPACE NOW

Secure your spot for the **Health is Wealth: Usha Village Retreat** today! Take advantage of our special offers and payment options to make your healing journey even more accessible.

Early Bird Discount:

- Save \$200 if you book by May 31st, 2025.

Pay-in-Full Discount:

- Save \$100 when you pay the full amount upfront.

Payment Options:

1. **Deposit:** Secure your spot with a \$500 deposit.
2. **Full Payment:** Pay the remaining balance by July 24th, 2025.

Venmo: @KeithMitchell59

Zelle: keith@keithmitchell59.com

PayPal: keith@keithmitchell59.com

*If paying via PayPay, select **friends and family** versus good and services.*

**Space is limited—don't miss out on this transformative experience!
Reserve your spot today.**

**CONTACT US TO
BEGIN YOUR JOURNEY**



**hailey@leonapride.com
keith@keithmitchell59.com**