



A PLACE TO RESET YOUR BODY, MIND & SPIRIT

A holistic wellness retreat designed to help you reconnect physically,
mentally, emotionally, and spiritually



WHAT MAKES OHI DIFFERENT?

OHI is not a traditional wellness retreat or detox program. Our approach combines holistic healing practices, nourishing plant-based meals, educational classes, spiritual reflection, and a supportive community environment designed to help guests reconnect with themselves and create lasting lifestyle change.



OHI San Diego

6970 Central Avenue
Lemon Grove, CA 91945
[\(800\) 980-2062](tel:8009802062)

OHI Austin

265 Cedar Lane
Cedar Creek, TX 78612
[\(800\) 980-2062](tel:8009802062)

OUR HOLISTIC HEALING PROGRAM IS DESIGNED AS A THREE-WEEK JOURNEY

BODY

Cleanse and nourish through plant-based meals, juice fasting, movement, and wellness practices.

MIND

Reduce stress, quiet mental overwhelm, and build clarity through guided classes and reflection.

SPIRIT

Reconnect spiritually through prayer, meditation, fellowship, and intentional daily practices.

SAMPLE DAY AT OHI:

Our 21-day holistic wellness program follows an intentional daily rhythm designed to restore balance to your body, mind, and spirit.

- **Morning:** Learn and build healthy habits.
- **Afternoon:** Explore, connect, and grow.
- **Evening:** Reflect, restore, and recharge.

Balance your day with enriching classes, nourishing meals, movement, relaxation, treatments, journaling, and personal time, all designed to support lasting transformation.



GUESTS OFTEN COME TO:

- Reset unhealthy habits
- Reduce stress and overwhelm
- Reconnect spiritually
- Feel physically renewed
- Improve clarity and focus
- Step away from daily pressures
- Build healthier routines
- Experience a supportive community

YOUR STAY INCLUDES:

- Body-Mind-Spirit classes and activities
- Fresh raw, plant-based meals and juices
- Daily classes focused on body, mind, and spirit
- Educational materials and wellness resources
- Comfortable accommodations (room fees separate)
- Support from experienced staff, missionaries, and returning guests

FLEXIBLE PROGRAM OPTIONS

Guests can attend for 1, 2, or 3 weeks and begin their stay on any Sunday at our California or Texas locations.

TESTIMONIAL

My stay at OHI was an immersion in a new life. The instructors became my friends. Everyone is caring. The fast changes brought about by a raw diet were impressive. I lost 20 pounds in 2 weeks and gained flexibility. I want to come back!

David B.
from Kentucky, KY, USA



OHI TUITION AND ROOM FEES

Weekly tuition (Sunday-Sunday) includes all classes, meals, and materials.

Room fees are separate and available only to program participants.

Rates are valid through October 3, 2026.

OHI San Diego Program Cost

Program Tuition per week	\$1,885
Room Fees per week	\$910 to \$1,405

Total \$2,795 to \$3,290

OHI Austin Program Cost

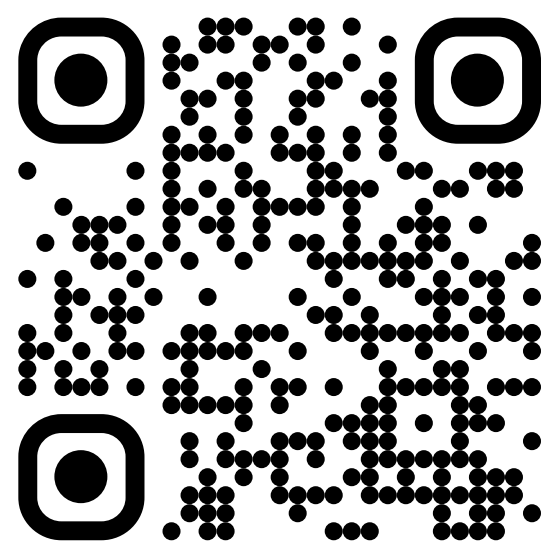
Program Tuition per week	\$1,885
Room Fees per week	\$970 to \$1,170

Total \$2,855 to \$3,055

READY TO LEARN MORE?

Our team is here to answer your questions, help you explore program options, and determine whether OHI is the right fit for your wellness journey.

Speak with a Program Consultant
[\(800\) 980-2062](tel:8009802062)



Visit the site for more details

www.optimumhealth.org