



WARRIORS RETREAT IN BULGARIA

Villa Le Cinema

Warriors Retreat goal is to provide IDF Soldiers with a safe, comfortable and secure environment where they can relax and heal in a place away from the stresses of their home country.

Bulgaria is a country with a long and rich history with its Jewish population. After World War 2, Bulgaria was the only European country where the Jewish population grew during the war.

While most of the Bulgarian Jews immigrated to Israel after war, today Bulgaria is a mecca for Israeli start-ups and a vacation destination for many Israeli citizens. This is complimented by the Bulgarian government which is highly supportive of Israel and its people, especially now in this very troubling period since October 7th.



Villa Le Cinema is the perfect property to hold a safe, private and effective healing retreat.

The soldiers can take part in daily therapy sessions either indoors at the spacious guest house and living room with a dining area with seating for up to 25 people. In the summer, the retreat can hold the therapy sessions on the large terrace and expansive grass areas surrounding the Villa.

In between therapy sessions the soldiers will be able to enjoy the outdoor pool, hot tub, sauna, gym, table tennis and other activities such as trampoline, biking and hiking.

The Villa provides a full restaurant-style kitchen that offers continental and vegetarian breakfast options, with local specialties such as fresh pastries and pancakes. Lunch and dinners encompass traditional Bulgarian Mehana favorites with all the product from local farms and gardens.

For further convenience, less than 100 meters from the Villa is a coffee shop and 2 minimarkets.





From Villa Le Cinema, is a 15-minute drive from the Borovetz ski area which is located on the highest mountain in the Balkans, Musala, with its peak reaching 2927 meters. At Borovetz, soldiers can ski, snow boarding for every skill level with great instructors or enjoy a snow day sledding.

In the summer the Borovetz Gondola, disembarks at 2400 meters on Musala, where you can take a 5-hour hike to the top of the peak, or hike to one of the glacier lakes. On the Rila chair lift, there is mountain biking with runs for all skill levels.

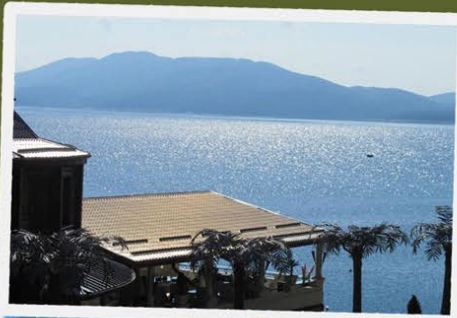
The Villa is also 10 minutes from the largest lake in Bulgaria, Iskar Lake. There the soldiers can find beaches, lakeside spas, boat, jet ski and electric hydrofoil rentals. Soldiers can also enjoy some of the best fishing in the Balkans and perched on a mountain overlooking the lake, is a world class golf course at the newly built Gorni Okol hotel and resort.



Bulgaria is famous for the largest number and hottest hot springs in the world. These hot springs have been the catalyst for spa facilities around the country with some of the best located 20 minutes from the Villa, called Sapareva Banya. The spas and pools there are recognized worldwide for their healing properties.

If you travel past Sapareva Banya, in 25 minutes you can reach the world famous 7 Lakes National Park. In the winter this area is recognized for off piste skiing and snowboarding with slopes and views that match the Alps.

In the summer 7 Lakes attracts hikers and climbers from all over the world, exploring the seven-stair cased alpine lakes.





The Villa has 9 hotel style rooms with walk-in showers and air conditioning with flat-screen TVs.

Every room is adorned with classical movie posters from Bulgaria's illustrious movie productions from the 60s and 70s along with classical cameras from the same periods.

The movie theme of Villa Le Cinema all reflect the owners, 35+ years in the movie business with his Bulgarian based studio, UFO Film and Television Studios. To date it has produced over 120 movies and series during the previous 20 years for studios such as Universal, Fox, The WB, Legendary, Apple, Hallmark, Netflix, Amazon and Sony.

THE THERAPY

The Alchemy Healing Method



Alchemy Healing Method was pioneered by Amanda Ronson more than 20 years ago. Since its creation it has helped thousands of people from across the world heal from physical and emotional challenges. This method combines elements of other therapies such as neuro-linguistic programming, somatic healing, regression therapy, quantum mechanics, energy healing, light work and mindfulness.

Today many people have turned to the Alchemy Healing Method after exhausting conventional therapies. The method's goal is to disconnect emotions, which results in less pain and stress on the body allowing it to return to health naturally. Alchemy Healing then reprograms the body's cellular system and resets it to a state of balance and harmony.

Alchemy Healing over the years has helped people with conditions such as:

CANCER RECOVERY, PARKINSON'S SYMPTOMS, FIBROMYALGIA, MIGRAINES, CHRONIC PHYSICAL PAIN, DEPRESSION, CHRONIC ANXIETY, EATING DISORDERS, ADDICTIONS, PTSD, CPTSD.

The Reset Method

After October 7th Amanda was driven to provide a solution to assist trauma victims of the attack and the war it triggered. The Reset Method was engineered specially for this purpose.

As many of the people of Israel have experienced a collective trauma, some are now suffering from various forms of PTSD. While some of these traumas are obvious, others may not be. Because trauma is expressed on a spectrum, with PTSD at one end of the spectrum and CPTSD at the other, the evidence of its effect may be subtle but equally as impactful.

The Reset Method has been adapted specifically to assist the following groups and individuals:

1. Soldiers
2. Nova survivors
3. Families that lost members or have family members taken hostage
4. Orphans
5. Therapists facing burnout



The way the Reset Method works is by disengaging the emotions caused by trauma. This is at the root of PTSD. When a person is reset to their original equilibrium, the physical and emotional body heals preventing disease and restoring harmony. To facilitate this healing one of the most powerful ways is to remove the person from the environment that the trauma was caused in, thus this is why Amanda and her team have established an out of country retreat.

THE ITINERARY

DAY ONE - SUNDAY - ARRIVAL

Brief Introduction

Who we are and what we want to do for them

The participants each introduce themselves

Participants each articulate what they want to achieve through this process

Group Exercise - Connection to self via creative visualization

Discussion of what they felt and saw



DAY TWO - MONDAY - RESTART HEALING

A trip to the thermal healing baths - Starting to create a further connection to hope and positivity participating in a group trip

On return to the cabin, we will do a creative meditation based on hope, positivity and co-creation

They will be introduced to the power of the mind and how it works on the feelings in the body, enabling them to start to realise that they can create a hopeful future

Discussion of what they felt and saw



DAY THREE - TUESDAY - RISE UP

Team Building Activities

A day in the mountains - ski / hike / bike ride - physical activity

On return to the cabin - We'll be connecting to inner child wounding and releasing negative emotions in the body

Bomb Fire Ceremony

Releasing negative emotions into the fire, letting go, feel the release and freedom within

Discussion of what they felt and saw



DAY FOUR - WEDNESDAY - FOOD FOR THE SOUL

A fun food plan and prep day. Going to the market and cooking dinner, providing group work and creativity

Followed by creative visualization based on healing physical ailments

Discussion of what they felt and saw



DAY FIVE - THURSDAY - CREATIVE MIND

Studio tour at UFO FILM STUDIOS or NUBOYANA

Back at the retreat - Creative visualization bringing joy and positivity and creativity back in and restarting and resetting the participants system

Welcoming in their new life

Screening of movie Jarheads Law of Return
Produced by Phillip Roth and Uri Chartarifsky



DAY SIX - FRIDAY - RETURN TO ISRAEL

NOTE: In between the activities and therapies the participants can freely enjoy the retreats facilities like the pool, jacuzzi, sauna etc

All meals will either be provided by the resident cook or if it's Kosher the meals will be provided by the local Chabad Organization

Security and Transportation is supported by the Ministry of Foreign Affairs



THE WARRIOR RETREAT BULGARIA

The retreat was created by hope and light out of the fog of war by Uri Chartarifsky.

In March 2024, Mr. Chartarifsky suffered a major stroke affecting the whole right side of his body, including his speech and major cognitive issues. After the ICU, he was transferred to Sheba Rehabilitation & Head Trauma Center, in Ramat Gan for the next 3 months.

Due to the ongoing war in Israel, 90% of his fellow patients were either IDF soldiers or victims of the horrific terror attacks on October 7th, 2023. It was there that he met the incredible people that would change his life forever.

He watched these beautiful warriors face their situation with a fierce determination to heal from their physical, mental and emotional challenges, the medical team that dedicated themselves to their rehabilitation and to their families, as well as the hundreds of incredible and selfless volunteers that were there each day for the much-needed support.

After being released from the hospital, they all continued to have daily therapy either at the hospital or rehabilitation centers across the country depending on where they might live, their individual needs and in what stage of healing they are in. In addition, there are extra non-profit facilities, programs and organizations that exist throughout the state to complement or enhance their recovery process.

So, you can only imagine how lucky Mr. Chartarifsky felt to have all this love and light around him as he continues to deal with his own rehabilitation. While the soldiers inspired him to keep going and to get stronger every day, he now wants to help them to continue their journey to a healthy and meaningful recovery.

Using his resources, friendships and connections, he has been able to put together an amazing team to help achieve this important mission, while working with these organizations that continue to be dedicated to their successful rehab process.

THE TEAM

- Uri Chartarifsky: Organizer of the Warriors Retreat
- Phillip Roth: Owner of Villa de Cinema.
- Amanda Ronson: Therapist and Healer, whose 'Reset Method' is known worldwide.
- Sa'ar Axelrad: IDF Reservist and Mentor to participating soldiers of the Warriors Retreat.
- Ambassador Dan Oryan: Director of Civic Diplomacy at the Ministry of Foreign Affairs (ADVISOR)
- Booky Menachem Halevy: IDF and Rehab Centers liaison through 'Grow as Winners' organization.

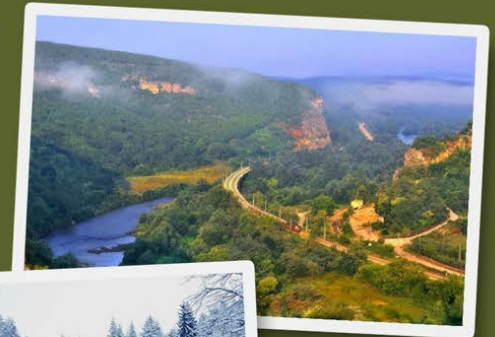
RETREAT COMPOSITION

- 8 Soldiers: Vetted to participate by the participating rehab center or organization and our team.
- 1 Therapist: Four trained in-house therapists by Amanda Ronson to follow the healing program.
- 1 Medical Practitioner: Provided by the participating Rehab Center or Organization.
- 1 Security Personal: Supported and vetted by the Embassy of Israel
- 1 Driver with 12-person van: Supported and vetted by the Embassy of Israel

Note: All other staff will be provided by the resort such as cook, housekeeping etc.

Villa Le Cinema

Villa Le Cinema is 58 Kilometers from the Sofia Airport with travel time just under 1 hour.





Contact Information:

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