SIRI

ADI SINGH

NATURAL RECOVERY





A Private Alternative

To Residential Treatment

In this booklet, we want to expose you to an alternative that could change your life. Part spa, part bootcamp, part analysis clinic , part support network, what you are about to read about is a tested, realistic model for how to reclaim your life in joy.



Begin Your Recovery

Every program begins with a private consultation

Email

siriadiyogi@gmail.com

WhatsApp

+1 (312)-409-5446







One Client Full Devotion

Space is limited to one person at a time.

I don't run a facility.
I don't split my attention.

For the length of your stay, my attention belongs to one person.

Every day is adjusted according to what your nervous system is showing us - not according to a rigid schedule.

"Bring me your body and your mind, and I'll show you what they're capable of when they're finally balanced."

Why Bali?

The Island Paradise

The environment reduces unnecessary stress, making deeper recovery possible.

Ocean & waterfalls
for nervous-system resets

Jungle trails & volcanic springs
to rebuild vitality

Daily massage & acupuncture
to lower sympathetic
(fight or flight) dominance

Natural light & rhythm
to restore sleep architecture &
optimize mitochondrial function

World-Class Saunas, local healers & clean whole foods





The Program

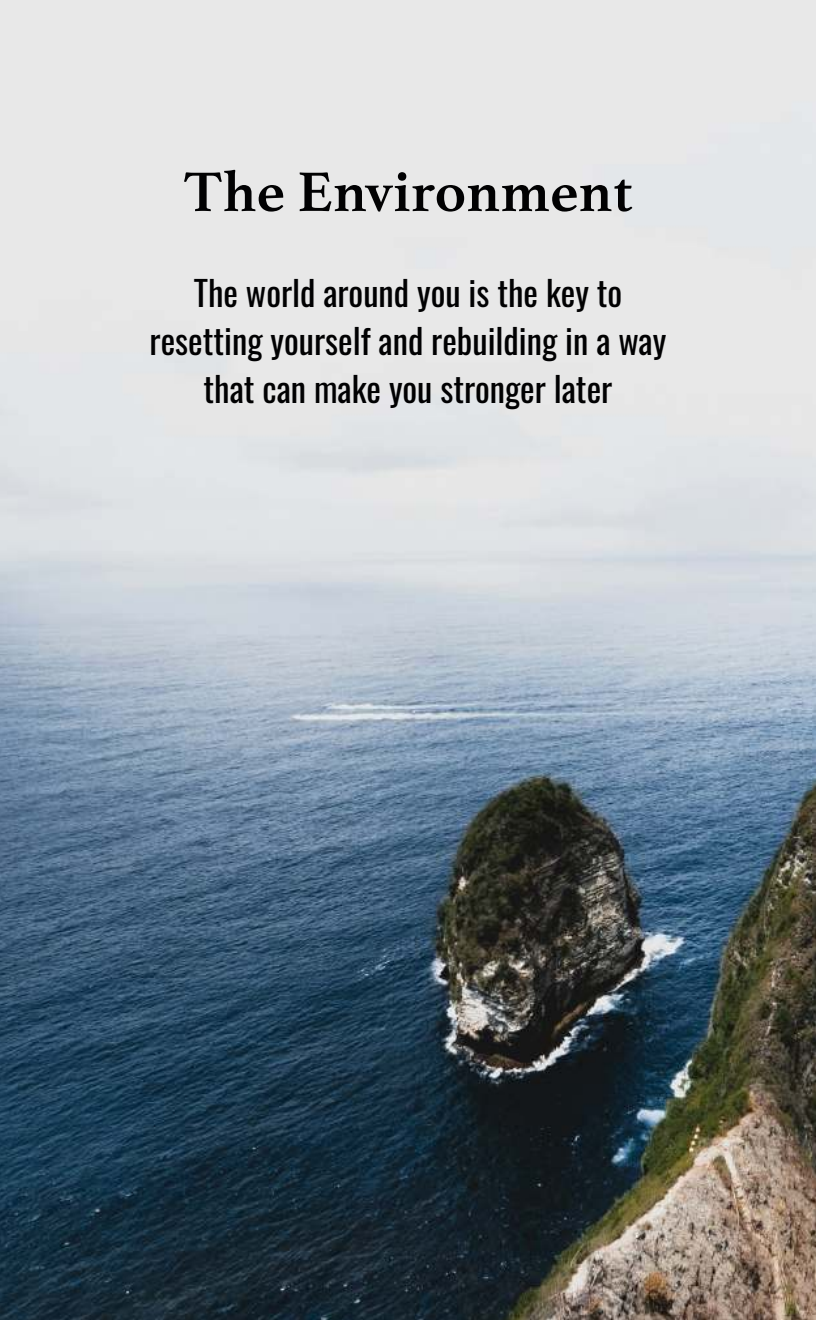
A full-time, one-on-one nervous system & behavioral rehabilitation program - a private alternative to residential treatment.



Somatic practices, cognitive discipline, strength building, daily structure, nutrition and nervous system repatterning - held within a calm, natural, deeply supportive environment.

The Environment

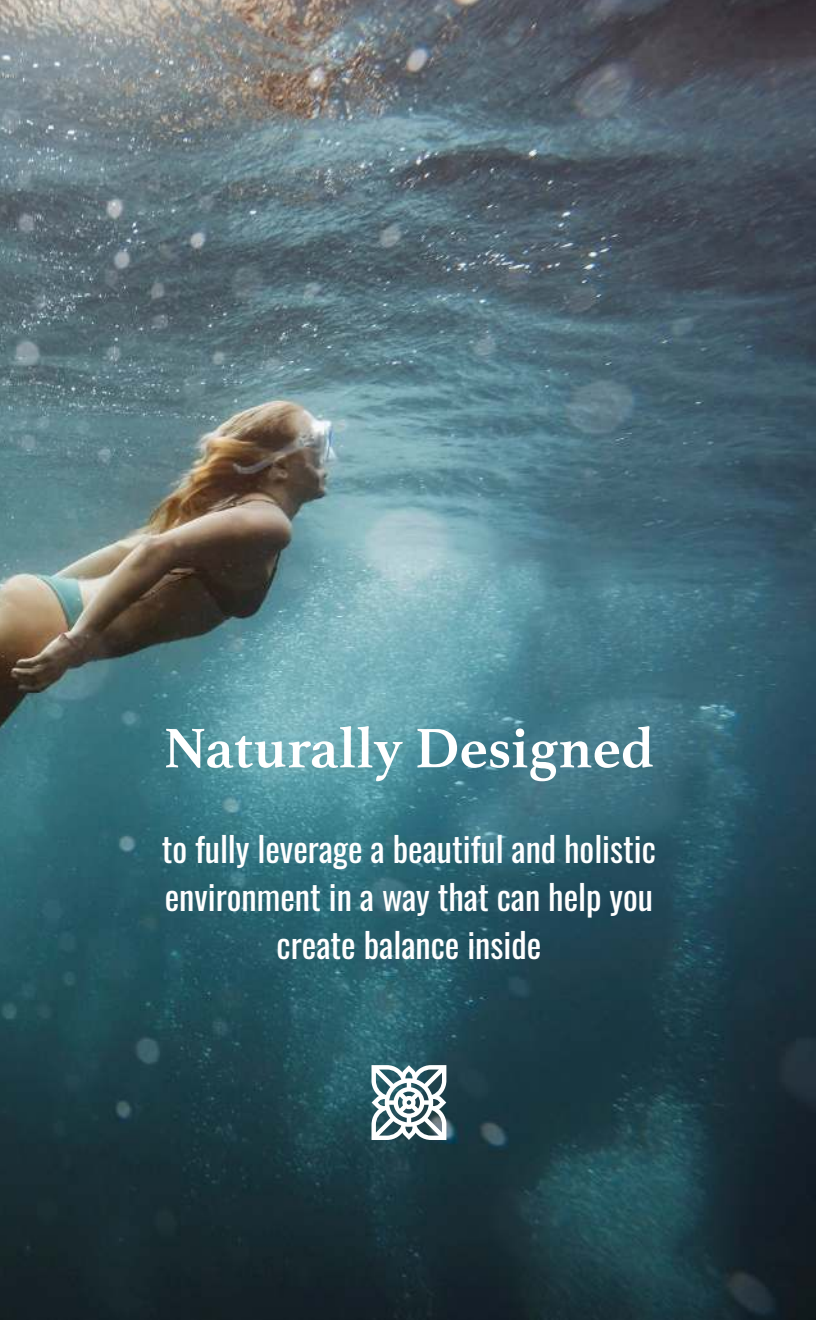
The world around you is the key to resetting yourself and rebuilding in a way that can make you stronger later



“Here, healing isn’t confined to a treatment room. It surrounds you — all day, every day.”







Naturally Designed

to fully leverage a beautiful and holistic environment in a way that can help you create balance inside

Who is this for?

Full-time. One-on-one. Designed around you.

For those who are **physiologically overwhelmed** - carrying more than the body was meant to hold.

Post-traumatic stress and chronic anxiety

Emotional collapse or burnout

Dysregulation after loss, illness, or medical procedures

Shutdown or impaired focus and function

Recovery from abuse, substance use, or major life crisis






Everything is woven into a single daily rhythm.

What's Included

The Inner Work

Clinical-grade Kundalini Yoga · Medical Qigong · Meditation · Trauma-informed movement · Breath mastery

The Body's Repair

Acupuncture · Massage · Sauna · Natural springs · Waterfall resets · Nutrition & circadian rhythm

The Daily Container

one-on-one guidance & integration · Daily check-ins · Wellness monitoring
Nervous system repatterning
Rejuvenation activities
24/7 support





The Goal

A complete body, mind, and spirit reset

"To restore steadiness, clarity, regulation, and resilience - and return you to a life that feels like your own."

Meet Your Guide

Siri Adi Singh

Trauma-Informed Nervous System Rehabilitation Guide

Over 30 years of practice
having mastered the old-fashioned way, at the feet of masters, long before certificates existed.

8 years of Medical Qigong under Dr. Yang Hua Zhou, former director of the Shanghai Institute of Medical Qigong and a heart and brain surgeon in China.

A lifetime of lived experience with trauma, recovery, and intergenerational healing — grounded in evidence based practices & earth-based wisdom as a member of the Sault Ste. Marie Tribe of Chippewa Indians.

"I don't offer quick-fix spirituality. I help people interrupt old patterns, repattern the nervous system, and return to life with greater steadiness, clarity, and freedom."







A Day in the Program

Every day begins the same way.

Trauma-Informed Nervous System Rehabilitation Guide

Before the sun rises, we sit in stillness.
We sit in nature. As the first light appears, the body awakens gradually. Sleep chemistry gives way to daytime chemistry. Instead of beginning the morning with urgency, stimulation, coffee, or a phone, we establish a different rhythm.
One that supports regulation from the very beginning of the day.

From there, each day unfolds according to what your nervous system is showing us. There is no rigid schedule. Some days require more movement. Some require more conversation. Some require more rest. Every day is adjusted to support the work that needs to happen. Formal practices are balanced with meals, recovery, time in nature, therapeutic treatments, and everyday experiences throughout Bali.

Nothing is rushed. Nothing is forced. The day bends to you — never the other way around.



Is This Right for You?

Designed for those who are psychologically stable but physiologically overwhelmed.

This program may be a good fit if you:

Live with chronic stress, inner conflict dialog, anxiety, trauma, high performance demands, burnout, or emotional exhaustion.

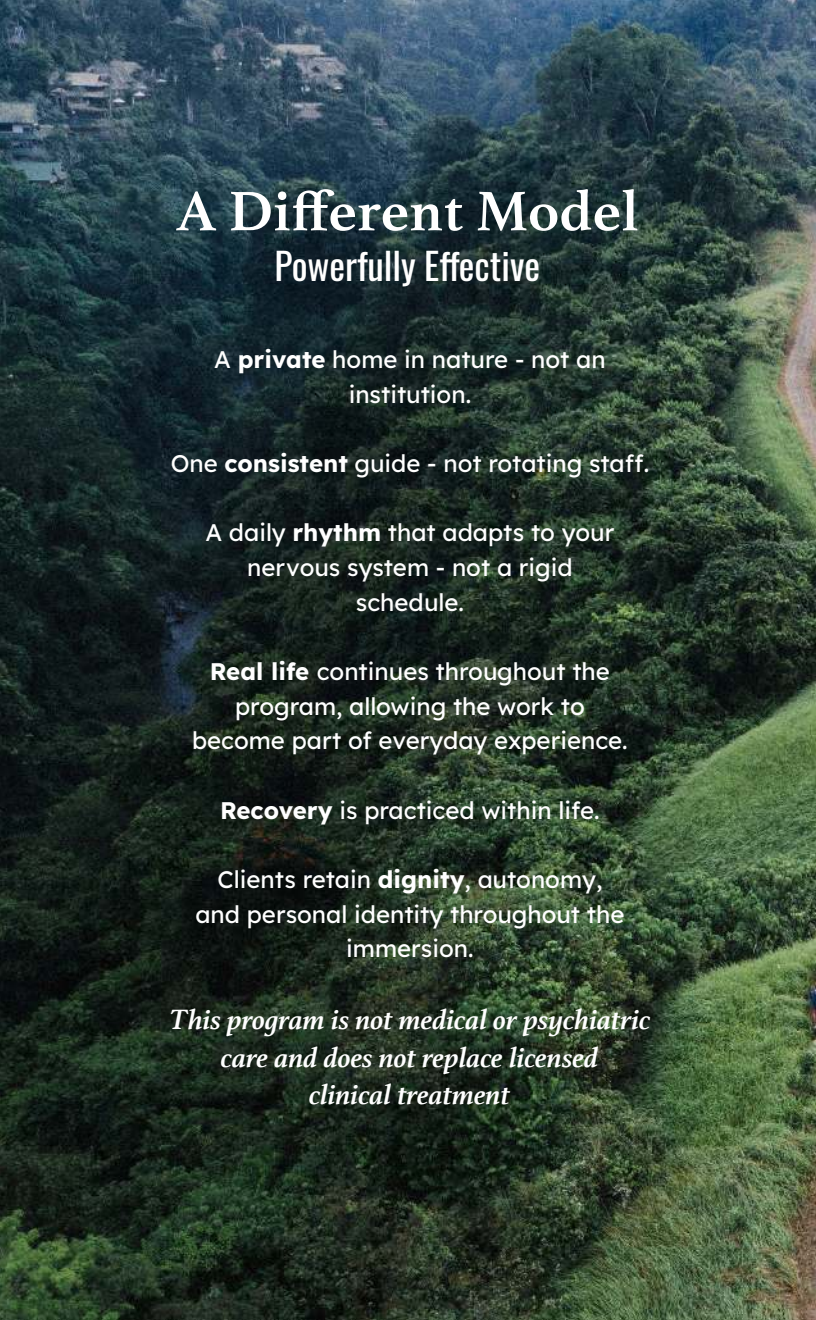
Feel you have reached the limits of traditional weekly therapy alone.

Want an immersive, one-on-one approach rather than a group environment.

Are ready to engage fully in daily practice and the work of repatterning.

Every immersion begins with careful screening by my team of licensed therapists— for your safety and your success.

This program is not appropriate for individuals requiring medical detoxification, inpatient psychiatric care, or 24-hour medical supervision.



A Different Model

Powerfully Effective

A **private** home in nature - not an institution.

One **consistent** guide - not rotating staff.

A daily **rhythm** that adapts to your nervous system - not a rigid schedule.

Real life continues throughout the program, allowing the work to become part of everyday experience.

Recovery is practiced within life.

Clients retain **dignity**, autonomy, and personal identity throughout the immersion.

This program is not medical or psychiatric care and does not replace licensed clinical treatment





In Their Words

Testimonials

"Simple, to-the-point, powerful, and balanced."
— Aris Seaberg, Yoga Journal

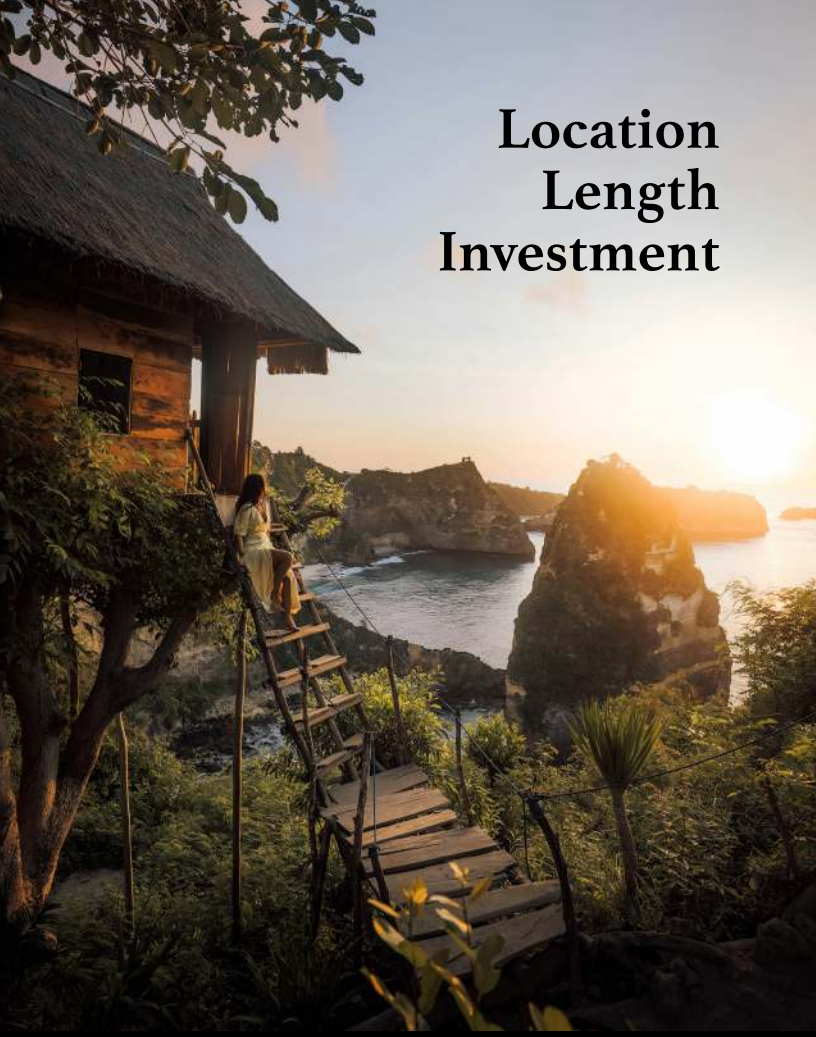
"Siri Adi Singh is a treasure trove of gifts and talents… he far exceeded my expectations."
— Amy O'Rourke , Chicago

"Thinking of your wise words and feeling grateful we crossed paths."
— Yvonne, former client, California

"He is extremely knowledgable
on how the mind-body connection truly works. "
— Umerah Mujahid, Virginia

"Even though I'm hundreds of miles away I wouldn't seek teachings from anyone else. I trust him with my energy."
— Shar Tina Lynn, Atlanta

"After four years he's still uncovering new aspects of kundalini to me"
— Brian Androw, Chicago



Location
Length
Investment

Privately funded.
Requires medical clearance for international travel.

Where
Bali. Chosen for its climate, calm, and abundance of natural medicine.

Your Living Space
Private and modular. Accommodation is selected separately according to your comfort level, privacy, and budget. Depending
on your needs, I live on-site or nearby.

How Long
Four to twelve weeks, individually tailored to your goals, history, and level of support.
Meaningful & measurable change can begin within one month.

Investment
Professional guidance and instruction: $500 USD per day.

Your daily program includes private guidance, daily practices, transportation, meals, massage, acupuncture, spa, coordinated programming, and around-the-clock support.

Residential treatment runs $1,000–$2,500+ per day for group care and rotating staff.

One guide. One client. Full Devotion

Why This Works

The science beneath the stillness.

The Problem

Trauma and chronic stress lock the nervous system into survival, making calm, comfort, focus, and clear thinking difficult.

The Practice

Daily somatic work retrains the stress response, interrupting system-wide destructive patterns and restablishing healthier ones.

The Structure

A predictable rhythm creates the repetition the brain, body, and nervous system require for lasting change.

The Immersion

Practicing throughout the day allows these new patterns to become your natural way of responding to life.



“Most people spend their lives trying to control their environment. I teach people to methodically develop the capacity to no longer require the environment to cooperate before they can feel steady.”





Our Model

how it differs from residential treatment

Non Institutional

operating outside institutional facilities

Private

delivered in a private, relational setting

Non-Confrontational

no use of behavioral compliance, confrontation, or level systems.

Regulating

Regulation of the nervous system is prioritized

Responsive

Treatment intensity is customized moment by moment

Dignified

Clients retain autonomy, dignity, and personal identity

Non-disruptive

Staffing is consistent, avoiding disruptive shift changes

Family Friendly

Family involvement is intentional and coordinated

Real-World

Progress measured by physiological stability and capacity

Integrated

emphasizes integration into real life rather than separation

Graduated

Transitions into and out of care are gradual

Life oriented

The goal is durable regulation and continuity, not short-term containment.

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