

Gentle Seasonal Detox Retreats

Align your Energy & Wellbeing with the Seasons

2011 Programme

Sunday 16 January & Friday 11 February

New Year – Fresh Start Detox

A great time of year to start gently cleansing the body. Relax & discover how to lose weight & revive your vitality. Be inspired to create your health & wellbeing plan for the year ahead.

Sunday 13 March & Saturday 16 April

Spring Season The 'Wood Element' Liver & Gallbladder

A time for spring cleaning body & mind – a time of re-birth, creativity & planning. Gain clearer vision & life course direction & be more able to fulfill goals & ambitions.

May 13–20 Residential Detox Retreat

3 night or 6 night options in the Lake District in beautiful countryside surroundings. De-stress, relax & cleanse. Delicious nutritious food, optional complementary therapies. A rejuvenating experience.

Sunday 12 June Sunday 24 July Saturday 20 August

Summer Season The 'Fire' Element Heart & Small Intestine

The season when everything is in full bloom – summer relates to the emotions of Love, Joy, Fun & Laughter. A time for nourishing & nurturing & 'firing up' your relationship with yourself & others.

Saturday 24 September

Late Summer Harvest Season The 'Earth' Element Stomach & Spleen

The key to balancing blood sugar, boosting energy, enhancing digestion, increasing concentration & releasing worry. Opening yourself to receiving abundance.

Sunday 16 October

Autumn Season The 'Metal' Element Lung & Large Intestine

The key to boosting your immune system, better breathing, great skin, letting go & eliminating toxins. Be inspired about future dreams & goals.

Sunday 20 November

Winter Season The 'Water' Element Kidneys & Bladder

A time to pause, rest & replenish energy. The focus is on increasing longevity, building healthy bones, fulfilling sexuality as well as strength & determination to see through our plans.

Monthly Introductions to Detoxing

Find out the benefits of detoxing & experience a therapeutic warm oil compress

Individual & Tailored Group Retreats

Holistic 'Chill Out' Retreat Days

For further details ring: 01543 433520 07711 649175

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