

# Holistic Detox Retreat in the Lake District

## Inspiration for Body Mind & Spirit



**Healthy Food & Juicing**  
**Meditation & Relaxation**  
**Naturopathy & Herbalism**  
**Complementary Therapies**

**Fri 13 May – Mon 16 May 2011**  
**or Mon 16 May – Fri 20 May**

A wonderful opportunity to enjoy a few days break, recharging your energies in a rural cottage retreat in a beautiful, peaceful setting, near Keswick.

The Retreat is co-ordinated by Shobana Patel & Sally Rosemary, experienced Health & Wellbeing Practitioners who regularly run Detox Retreats & who offer an integrated & holistic Mind/Body approach to health & wellbeing through their wide range of skills.

The theme will be holistic detox – of body, mind & spirit. Enjoy nutritious seasonal healthy food & juices, naturopathic cleansing techniques, yoga & gentle exercise & movement, meditation, flower & tree remedies. The programme is designed to offer you a gentle detox & inspiration & ideas to align your energy & wellbeing. Optional complementary therapies are available including aromatherapy massage, reflexology, reiki, life alignment, vortex healing, iridology & herbalism.

The Retreat will also include free time for your own choice of preferred activities – relaxation, peaceful contemplation of the beautiful environment, energetic walks up the fells, visits to explore the local lakes, villages & breathtaking scenery including nearby Castlerigg stone circle.

Weeknd price is £295 per person, £275 per person if two people book together & is fully inclusive of all meals, juices, refreshments, tuition & cleanses. The Mon-Fri 4 night price is for room + food only at £195 per person. Accommodation is in single, twin or double rooms with separate bathrooms.

**To reserve your place send £50 deposit by end February 2011.**

**For more information about the accommodation & the programme:**

[www.holisticdetox.co.uk](http://www.holisticdetox.co.uk) 07711 649175 [sally@holisticdetox.co.uk](mailto:sally@holisticdetox.co.uk)

