

Detox & Yoga Retreat

Wholefoods and Half Fasting

16 to 20 April 2015

At the Stroud Monastery in the beautiful Hunter Valley with Charlotte Wirnsberger, Hillary Child, & Carin Gala.

This carefully supervised program offers a detoxing healing 5 day retreat that is nurturing, cleansing and strengthening.

Key elements include:

Yoga, lectures, walking, full body massage, outdoor exercises, cooking demonstrations, rest and relaxation.

Some of the benefits of this retreat include:

- ✓ Release of toxins - increased energy and vitality
- ✓ Greater mental clarity and focus
- ✓ Better posture and increased flexibility
- ✓ Discover what foods heal your body and keep it in balance



Hillary Child has been practicing and studying yoga and Zen shiatsu since 1997. Hillary has diplomas in both Ki and Satyananda yoga, Zen shiatsu and numerous other qualifications including rebirthing, parapsychology and cranial sacral therapy.

Charlotte Wirnsberger has been facilitating detox and health retreats for 15 years in Australia and Ireland. Her approach has evolved through training in macrobiotics, nutrition, shiatsu, kinesiology and meditation.



Carin Gala has a passion for making vegan, gluten-free and organic wholefoods. Carin caters for yoga and health retreats, workshops, events and teaches cooking classes. Check out www.galasorganickitchen.com.

BOOKINGS

Charlotte - 02 9787 3063 or 0419628 235
healing@charlotteslivingharmony.com.au
www.charlotteslivingharmony.com.au

Hillary - 0409 445 569
hillaryjanet@hotmail.com

COST

\$550 all inclusive
if fully paid by 16 March.
\$590 after this date.
\$100 deposit required with booking.