

12th Annual

# Detox & Healing Retreat

with Wholefoods, Yoga and Half Fasting  
8 to 14 August 2015

at Tig Roy, Galbally, Co Tipperary, Ireland  
with Charlotte Wirnsberger, Maggie Crosse and Carin Gala

This carefully supervised programme offers a detoxing, healing week that is nurturing, cleansing and strengthening.

### Key elements include:

- Lectures, walking, yoga, somatic movements, full body massage,
- Meditation, cooking demonstrations, rest and relaxation.

While one temporary benefit of this program is weight loss, our focus is more on helping you understand what your body needs.

### Some of the benefits of this week include:

- ✓ Deep release of toxins
- ✓ Increased energy and vitality
- ✓ Greater mental clarity and focus
- ✓ Break addictions and bad habits
- ✓ Stress release and pain management
- ✓ Discover what foods heal your
- ✓ body and keep it in balance

*"The week restores my equilibrium, gives me balance and nourishment for many months afterwards." PR*

**Charlotte Wirnsberger** was born in Austria, but has been living in Sydney/ Australia since 1980. Charlotte has been facilitating these retreats for over 10 years. Her approach has evolved through training in macrobiotics, nutrition, food as medicine, kinesiology, shiatsu and meditation. She is also offering this retreat in Austria in August. [www.charlotteslivingharmony.com.au](http://www.charlotteslivingharmony.com.au)



**Maggie Crosse** has been teaching yoga for more than ten years as well as organising and running regular yoga retreats in Ireland. She has diplomas in yoga, pilates, nutrition and shiatsu.

Maggie teaches yoga in Tipperary Town, Clonmel and Limerick. **Tel: 087 2869097**



**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, in Australia. [www.galasorganickitchen.com](http://www.galasorganickitchen.com)



### Enquiries:

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**[www.maggiyoga.com](http://www.maggiyoga.com)**

### Cost:

€670 all inclusive, €520 non-residential  
if fully paid by 10 July or

€720 all inclusive, €570 non-residential

after this date - €100 deposit required to book.