

Detox & Healing Retreat

with Wholefoods and Half Fasting

22 to 28 August 2015

At [Schloegelberger](#), Almdorf, St. Margareten/Lungau,
Austria, www.almdorf-lungau.at

with Charlotte Wirnsberger, Maggie Crosse & Carin Gala.

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

Key elements include:

Lectures, walking, yoga, full body massage, outdoor exercises, 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 weekend 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



Charlotte Wirnsberger was born in Austria, but has been living in Sydney, Australia since 1980. Charlotte has been facilitating detox and health retreats for 15 years in Australia, Ireland and Austria. Her approach has evolved through training in macrobiotics, nutrition, shiatsu, kinesiology and meditation.



Maggie Crosse was born in Ireland and traveled internationally teaching English and sports for many years. She then went on to study shiatsu, nutrition, macrobiotics and yoga. Maggie has been a passionate and knowledgeable yoga teacher for more than 15 years and also organises and runs regular yoga, detox and health retreats. www.maggieyoga.com



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. www.galasorganickitchen.com.

BOOKING

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For more information contact Charlotte:

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COST

€750 all inclusive

if fully paid by 22 June.

€790 after this date.

€150 deposit with booking.