

# Fresh Juice Cleanse & Yoga Retreat

Sun. 28<sup>th</sup> February – Sun. 6<sup>th</sup> March



Relax, refresh and recharge at our Juicy Yoga Retreat in February! 7 nights and 6 days full of healthy juice cleanse, yoga, meditation, walking, fitness, fun and all of it in good company!

Many of us lead busy lifestyles, leaving no time for treating our body right, making us feel bloated and sluggish. During this retreat you will learn various techniques regarding food, fitness and relaxation that take very little time but reap maximum benefits, whether you are looking to maintain your weight, energy and/or sanity whilst working and living the "modern" lifestyle.

## Typical Daily schedule:

- 07:30 Wake up & Detox drink – Meditation (30 minutes)
- 08:15 Vinyasa Flow Yoga Practice (75 minutes)
- 09:30 Power drink
- 09:45 Walking
- 10:45 Juice
- 11:30 Fitness Class (45 min.)
- 12:15 Power drink
- 12:45 Vinyasa Yoga Class – Stretching (30 minutes)
- 13:15 Juice
- Leisure time / beach time / Massage time (snack available)
- 15:00 Fitness Class (45 min.)
- 15:45 Juice
- 16:00 Active Meditation
- 17:30 Yoga & Relaxation (60 min)
- 18:45 Soup
- 19:30 Film ....
- ...Good night ☺

During our retreat you will enjoy our home-made, freshly squeezed juices 3 times a day and a delicious nourishing and heartwarming soup in the evening, helping your body to detox.

In combination with our Yoga and Fitness classes, you are going to reboot on all levels, for a good and healthy start in 2016!

You will leave the retreat with a better understanding of the interaction between nutrition, fitness, yoga and well-being and make a lot of new friends!





## **The benefits of a detox retreat**

Detox can bring many benefits.

- greater emotional and mental well-being
- weight loss and improved metabolic function
- stronger immune system
- more consistent energy and better vitality
- better digestion and absorption of nutrients
- ...and much more ...

Our juice cleanse helps you free your system from toxins and activates the natural healing power of your body. In one juice you get many powerful nutrients, antioxidants and enzymes that your body can integrate and digest easily. It will help to flush stored toxins and to cleanse and strengthen your digestive system and your whole body. Our home-made, freshly squeezed juices and smoothies are packed with so many delicious, mainly local ingredients, you will never believe something so healthy can be so satisfying! In addition to the liquids, you take spirulina, wheatgrass and lemon water to assist the cleanse and to boost your lymphatic system as well as your energy. Your entire body feels better and reacts both internally and externally.

### **What's included:**

7 night accommodation  
 Daily 3 times fresh juices  
 Daily 2 energy shots  
 Daily Nourishing & tasty Soup (Sun-Sat)  
 Daily Morning Vinyasa Flow Yoga Class (Mon – Sat)  
 Daily Evening soft Flow, restorative Yoga Class  
 Daily one Fitness Class (Monday – Saturday)  
 Daily morning walk (Monday – Saturday)  
 Meditation and / or active Meditation Meetings  
 one rejuvenating and relaxing Full Body Massage  
 3 Movie Nights!  
 one surfing lesson

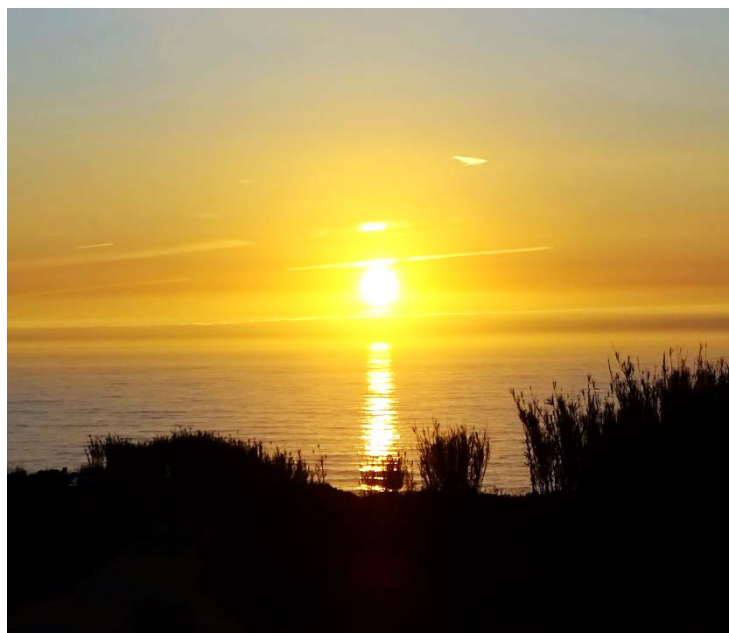
### **Prices**

500 Euro p.p. - shared bed room  
 535 Euro p.p. - shared 2 bed room  
 790 Euro p.p. - individual bed room



### **Info / Reservation:**

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### **Please note**

To have best benefit from the juice cleanse, we highly recommend you to avoid coffee, alcohol, red meat and excessive heavy meals at least 3 days before the start of our retreat!