









A TYPICAL DAY ON THE RETREAT



- MEDITATION:** *A calming start to the day*
- BREAKFAST** *Fresh Organic Green Juice*
- GROUP MEETING** *This is a place to bond and share any anxiety or concerns with your facilitators.*
- ACTIVITY:** *This will be either, Yoga, GiGong, Aerobic Exercise-Rebounding, Breathwork, Colonic Irrigation or Facial Massage.*
- LUNCH:** *All fresh organic produce*
- FREE TIME:** *You choose, Tennis, Nature Walks, Bike Rides, Journal Writing, resting or just simply relaxing in one of our Hammocks with a book.*

EVENING SUBJECTS: *This will cover talks and discussions about*

-  *Food Preparation*
-  *Nutrition*
-  *Colon Cleansing*
-  *Enema/Herbs, how to administer your own enema*
-  *Vibrational Healing*
-  *Reiki and the energy field*
-  *Clearing blocked sinus's, through gentle lymphatic facial massage (group activity)*
-  *Oppi Ear Candles: learn to treat family and friends with this unique method of detoxing the inner ear, face, head and the aura.*

EVENING CLOSURE: *The group gather for closure by sharing the days experiences, healing and then bed.*

Our aim is for each day to be filled with practical solutions, tips for you to take back home. You can use them easily and with enjoyment, for you and your family. The aim is for you to leave knowing you have achieved the best you can and for you to be supported after the retreat has finished.

The need to defend, protect and restore your body has never been greater. Take that step to freedom.

So you know nothing is impossible!! The motto of the retreat is

**YES YOU CAN!
LET YOUR LIGHT SHINE**

*With support and guidance
Merlee and Uwe*