

The Yoga Detox Retreat

Join me on a retreat to cleanse, stretch, relax & enjoy a happier & healthier life.

The goal of The Yoga Detox Retreat is to provide a comfortable and peaceful space to completely detoxify the body and the mind.

Life can sometimes get very busy, fast and stressful... and you may feel the need for rest, recharging and re-energising.

The combination of Juice cleansing, Yoga, meditation and massage in a natural and supportive environment all nourish and support the body, mind and spirit whilst providing a healthy, relaxing and fun getaway experience - one that could possibly change your lifestyle.

So, whether it's a healthy break from the rat-race, a well-earned holiday retreat or an opportunity to learn new skills with like-minded people, I hope to welcome you at The Yoga Detox Retreat in the beautifully tranquil Elie in the land of sandy beaches.



At a Glance

- pre-cleanse instructions
- 2 Nights accommodation
- 6 juice meals per day
- natural detox supplements
- Juicing Workshop
- 60 minute Aromatherapy Massage
- 5 Yoga Classes
- Post Detox Advice
- Beach & Woodland Walks

Where

[Treescape House](#), Elie, Fife

Closest Train Station - Leuchars (Can arrange for collection)

Edinburgh - Just over an hours Drive

The Juicing

Juicing is by far the quickest, most effective way to detoxify the body to allow it to throw off the toxic residues that accumulate in the cells and bloodstream. Juicing awakens the body's powerful cleansing and healing abilities, helping



to cure and prevent disease, restore health, balance emotions and prolong life.

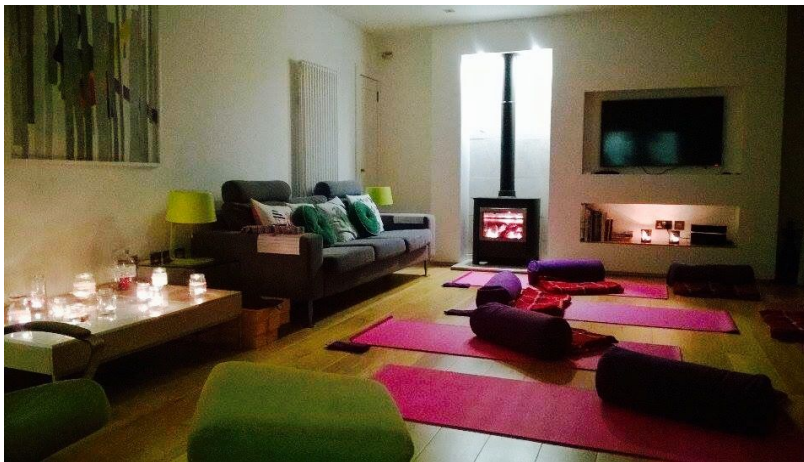
At the Yoga Detox Retreat, the Juice Cleanse consists of 6 raw fruit and vegetable juices (organic as much as possible) per full day and lots of herbal teas as well as plenty of water. The exclusion of solids from the diet ensures a rest for the digestive system and helps the body to flush

itself out of toxins. This strengthens the immune system, whilst taking a load off the digestive system.

The majority of people have a build-up of hardened toxic deposits on the intestinal wall which the body battles to get rid of. These deposits can impede the necessary absorption of nutrients through the intestinal walls, preventing the body from obtaining what it needs to be healthy and strong. Even with a healthy diet, the body may not be absorbing enough goodness. The Yoga Detox Retreat focuses on removing such deposits and restoring optimum intestinal functioning, which leads to overall good health! There is simply no better way that our bodies can completely rebalance and repair.

Juice cleansing also has a very powerful effect on the mind and emotional state. This retreat is a great Kick-Start to a healthier and more positive lifestyle. The Yoga Detox retreat can be beneficial for everyone to really heal the body and relax the mind.

Why Detox in a Retreat Setting?



The Yoga Detox Retreat encourages you to take a break from the bombardment of sensory information which is so often the case in today's fast pace living. Once the senses slow down, the mind slows down and life slows down, letting you remember who you are!

Juicing for a couple of days automatically limits your sense of taste to pure, organic juices. This slowing down of the sense of taste really enhances your taste buds, and once you start eating again, even a simple lettuce leaf tastes amazing!

The detox process naturally enhances your other senses too, but the beauty of detoxing in a retreat setting is that your sense of smell, sight, hearing and touch also get the opportunity to rest. This lets you be more open and receptive and allows you to fully absorb your environment and appreciate life.

Pre-detox

About two weeks before the yoga detox retreat, it is highly advisable that you cut out foods and liquids which are toxic, e.g. alcohol, coffee. I'll send you instructions to guide you in your pre-detox retreat preparation.

Health Questionnaire

I'll also send you a health questionnaire to fill in. The information you impart is completely confidential and is helpful for me to ensure you benefit as much as possible from the retreat.

Post-detox

After the detox, I'll give you acidophilus for two days - this is to replace the friendly bacteria that may have been flushed from the colon. It is advisable that you continue taking acidophilus for a total of two weeks after the retreat. I will also advise you as to how to continue eating once you return home.

The Yoga

In the ancient Indian language of Sanskrit, the word yoga is derived from the Sanskrit root "yujir-yoge", meaning "to join" or "unite", and describes the union of the body, the mind, and the wisdom of the heart.

Yoga relaxes the body and mind, removing obstacles in life that stop you from being your true happy self. The ultimate goal of yoga is undisrupted happiness.

At the Yoga Detox Retreat, Vinyasa Yoga will be practiced 5 times. Vinyasa yoga, lets you flow through sequences that energise and bring harmony to the body. Each movement is synchronized with the breath, letting your body flow and your mind relax through the sun salutations, a variety of ashtanga standing sequences, seated postures, challenge poses, back-bending and inversions.

Each class is tailored to suit your needs and it does not matter what level of yoga you are at. Each session will finish with a mindful meditation, allowing you to completely relax your body, mind and spirit.

The Program

The Yoga Detox Retreat runs from Fridays, arriving from 6pm onwards through to Sundays, departing from 6pm.

The retreat includes a welcome goody bag, 14 raw vegetable and fruit juices (organic where possible), 5 yoga classes, an aromatherapy massage, a juicing workshop and as many Beach or woodland walks too. The retreat will help you follow the kind of lifestyle that serves you best and you will master cleansing practices that you can use to keep you healthy in the long run.

Treescape Rooms and Prices

Set in the beautiful seaside village of Elie and one of Scotland's most stylish luxury holiday villas, winner of a TripAdvisor Certificate of Excellence 2014. Every aspect of Treescape has been carefully thought-through, from advanced technology to designer furniture and beautiful bedding. All rooms have luxurious beds with super soft 1000 thread-count cotton sheets and Cow Shed Toiletries. You can opt to take the room on your own or share the room with a partner or friend. Each twin room can be made into either a Double or a Twin Room and there is space for 4 to 8 people in total.

Within easy reach of Edinburgh and Glasgow, yet nestled in the picturesque East Neuk of Fife, Elie is the perfect destination to relax, rewind and restart your body with a holistic Detox.

	Single Occupancy	Double Occupancy
Master Bedroom with Ensuite	£375	£600
Downstairs Bedroom with Ensuite*	£350	£500
Bedroom 2*	£300	£450
Bedroom 3*	£300	£450

*These bedrooms can be set up as either Double or Twin Bedrooms.

Please take a look of the wonderful luxurious details of each room on the [Treescape website](#).

If you would like to book out the whole retreat as a group of friends or colleagues, this is also possible. If you are booking as a group, I can create a bespoke weekend for your group and can also add further dates if requested.

DATES

We are currently fully booked for 2016. We will add more dates for January 2017 soon. Make sure to sign up to our newsletter to be the first to know!

Much love,

Sunshine Yogini

[Terms & Conditions](#)