

The Yoga Detox Retreat

Join Sunshine Yoga 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 recharging and re-energising, especially after the manic festive period.

The combination of Juice cleansing, Yoga and meditation 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 to reset after Christmas, a well-earned holiday retreat or an opportunity to learn new skills with like-minded people, we hope to welcome you at The Yoga Detox Retreat in the beautifully tranquil Perthshire countryside.



At a Glance

- pre-cleanse instructions
- 2 Nights accommodation
- Welcome ceremony and meditation
- 6 juice meals per day
- 4 Yoga Classes
- 2 Yoga Nidra (Yogic Sleep) Sessions
- Countryside Walk
- Post Detox Advice
- 30 minute Facial Reflexology Massages (optional extra £25 per booking)



(Please note our loveable Murphy will be along for the journey we are sorry we can't cater to anyone with pet allergy on this retreat)

Where

Rossie Ochil House, Perthshire

Just over 1 Hours drive from Edinburgh and Glasgow

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 and Post 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 as well as a shopping list and meals to prepare on the run up to the retreat and after the retreat.

Health Questionnaire

We will 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.

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 uninterrupted happiness.

At the Yoga Detox Retreat, you will practise Vinyasa and Yin Yoga. 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.

Rooms and Prices

Set in the idyllic Perthshire countryside just outside Forgandenny amongst the rolling Ochil Hills, Rossie Ochil House is a beautifully refurbished 17th Century Manor House. All rooms are twin occupancy with en-suite facilities. Each twin room can be made into either a Twin or a Double Room if you would like to come with a friend or partner.

- Twin or Double Room - £325 per person
- Single occupancy unavailable on the Jan 2018 retreat

If you would like to book out the whole retreat as a group of friends or colleagues, this is also possible. Please get in touch to enquire.

DATES

The dates for 2018 so far are:

1. 5 - 7th January

Pop into the studio or send an email to namaste@edinburghsunshineyoga.com if you would like to find out more.

Much love,
Team Sunshine

[Terms & Conditions](#)

