

7 Day Juice Fast

Date: See website for dates
Times: Noon start and finish
Location: Mt Warning Forest Hideaway
460 Byrill Creek Rd
Uki, NSW (Byron Bay Hinterland)
Price: \$880
Early Bird \$708 (until 8th Jan 5pm)
Phone: 0422 061 733 or 02 66797277
Email: info@foresthideaway.com.au
Website: www.foresthideaway.com.au

7 Days of:

- Fresh Juice Fasting
- Health & Wellbeing Seminars
- Yoga
- Exercise & Rituals
- Meditation
- Detox Baths
- 'Camp' Fires
- Group Support

Includes:

- Accommodation
- Juices
- Other ingredients in protocols

Including a Session of:

- Breathwork
- Massage
- Lifestyle Coaching

LIMITED SPACES!!!

5 DAY PREPARATION AND POST FAST PROGRAM INCLUDED

The intention for this retreat is to take time out to start the healing processes in your body. Juice fasting gives your body the time to rest and heal while providing your body concentrated nutrition. Our program will empower you with experience, knowledge and tools to move forward in health and youthfulness.

Benefits of this Retreat can include:

Balancing Cholesterol Levels, sugar levels and pH

Detox – bowel cleanse & improved liver function

Boosted Immune System

Weight Loss

Relief from cravings (cigarettes, sugar, alcohol etc)

Increased mental clarity and sensory awareness

Pain and allergy relief

Emotional releases

