

## **Yoga Detox Weekend for Women**

From Friday the 6th of October until Monday the 9th of October there will be a Detox introduction weekend with home made fresh juices and smoothies, amidst the beautiful surroundings of the Belgium Ardennes.

Our fairytale like castle and its 5 acres of land is situated directly at the banks of the river "de Ourthe". Supported by the strong earth energy you will get acquainted with a solid build up and execution of a short detox fasting. You will be guided in the preceding week to adjust and reduce your nutrition. During the weekend you will enjoy fresh juices and smoothies and you will learn how to choose your fruits and vegetables and turn them into the healthy drinks that support your detox. Following the weekend you will get a step-by-step plan to re-establish your nutrition.

To detox is no boot camp, apart from delicious juices we will also enjoy Yoga, (guided) meditation, silent walks in nature, our luxury private sauna, the jacuzzi with a view of "de Ourthe" and cosy fires in our royal fireplace.

The question: "What is nutrition?" will be approached from different angles. Not just the food itself, but also the meaning of it on a mental, emotional and soul level. To detox also means to let go of old patterns of behaviour and/or thought. The fasting clears your head and brings about an internal silence, gives extra energy and you will need less sleep.

Fasting is a process that can make you feel vulnerable, especially the first few days. Therefore only girls are allowed to attend this weekend and we'll celebrate "sisterhood": emerge yourselves in the female energy and get to know and appreciate yourself and your body again.

The possibility exists to book a massage by me on Saturday and Sunday afternoon, I can do 2 massages a day. After this weekend you can always

address me with questions that may arise in daily life. I am very willing to assist you in restructuring your eating patterns for instance or whatever else may require support.

**Max. women:** 11

**Costs:** € 295,- ( double room )

**Included:** The stay in the castle, juices & smoothies,  
yogalessens, meditations & additional program,  
support before and after the weekend

**Not included:** Transport (it is a 3 hours drive from Amsterdam  
we'll be carpooling as much as possible)  
Massages

**Registration:** via [artvlinder@hotmail.com](mailto:artvlinder@hotmail.com),

you are signed up for the weekend as soon as you transferred € 150,- to  
[Fantastree, rek.nr NL37 TRIO 0212 2628 23 ovv "Detox weekend Ardennen"](#)