

## **Yoga Detox Weekend for Women**

From Friday the 13th of April until Monday the 16th of April 2018 there will be the next Detox weekend with home made fresh juices and smoothies, amidst the beautiful surroundings of the Belgium Ardennes.

Our luxurious wellness cottage with sauna's, Jacuzzi and divers fire places is situated close to Monschau in a tiny village with various hiking possibilities. 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's, the jacuzzi and cosy fires in several of our royal fireplaces.

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 1 massage 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:** 13

**Costs:** € 345,- ( double room, each with private bathroom)

**Included:** The stay in the villa, 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"](#)