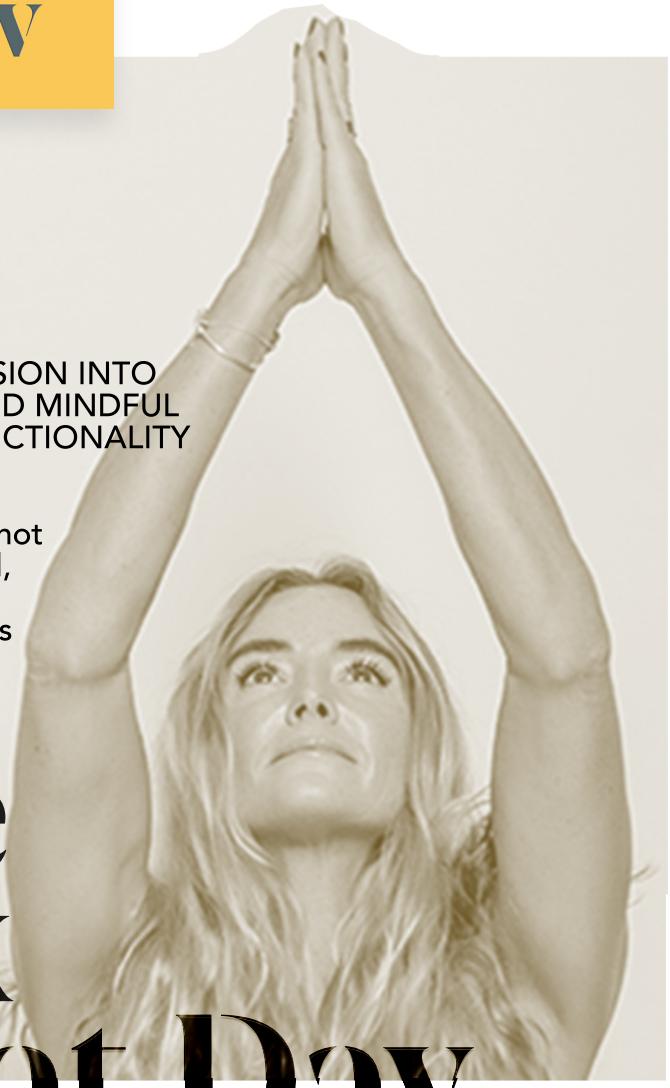
Paula Ahlberg
&
Cate Dyble



"YOU ARE WHAT YOU EAT"

JOIN PAULA AND CATE FOR THIS IMMERSION INTO THE BENEFITS OF PRACTICING YOGA AND MINDFUL EATING TO ASSIST IN THE OPTIMUM FUNCTIONALITY OF OUR DIGESTIVE SYSTEM.

When we think in terms of "digestion", we not only understand this as processing our food, eliminating that which is waste, but also "digestion of negative thoughts" to allow us to move forward in life with ease.

Energise & Detox Retreat Day

26.06.22 | 10.30-16.00

We begin our day with an energizing Yoga practice, with particular focus on the health of the liver and intestines. Lots of twists and side bends with plenty of core work to heat the body, massage the organs and improve the circulation.

A freshly prepared lunch, using mainly fresh and seasonal plant based ingredients is then served.

Cate is a level 5 Nutritionist, as well as a Yoga instructor. She will be holding a lecture about healthy and smart eating.
Preparing and eating food should be joyful and this adds to the feeding of the mind to avoid burn out.''

After lunch we will enjoy a gentle Yin practice, again with focus on the health of the digestive system. We complete this with a Mindfulness Body Scan and Meditation.

£65 (includes lunch & detox juice)

wellbeing-warehouse.com

Buy credits and book through our booking system