

Detox

KICKSTART

Everyone faces environmental, nutritional & emotional toxins that build up with the stresses of day to day life. Not having enough time for ourselves & environmental pollution are large contributing factors! This retreat brings you to the holistic haven of Dahab, where you will rid your body of toxins over 3 intensive days of yoga & meditation, exercise, detoxifying holistic treatments & a planned nutritional diet. This 4 day retreat will help to cleanse your body and mind, a good starting point for any transformation.

2450LE*

FULL 4 DAY PROGRAMME

- ▶ Full board accommodation*
- ▶ Detox introduction
- ▶ 3 yoga & 2 meditation sessions
- ▶ 2 guided walks & hikes
- ▶ 3 JadeStone Massage
- ▶ Detoxifying body massage
- ▶ Sudanese sauna & body Scrub
- ▶ Personalized detox plan



Sudanese Sauna & massage



Superfood diet



PROGRAM

DAY 1

14:00 Arrive, check in & register
18:00 Detox consultation
19:00 Free evening in Dahab

DAY 2

06:30 - 06:50 Hot lemon & water
07:00 - 08:00 Introduction to meditation
08:30 - 10:00 Breakfast & relaxation
10:30 - 11:30 Qi Gong class
12:00 - 13:30 Healthy lunch
13:45 - 17:00 JadeStone Massage & Sudanese Sauna
17:30 - 19:00 Introduction to Yoga
19:30 Dinner

DAY 3

06:30 Hot lemon & water
07:00 - 08:00 Breakfast & relaxation
08:30 - 10:30 Guided walk
11:00 - 12:00 Nutrition & detox lecture
12:30 - 13:45 Healthy lunch
14:00 - 17:00 JadeStone Massage & Drainage massage
17:30 - 19:00 Yoga class
19:30 Dinner

DAY 4

06:30 Hot lemon & water
07:00 - 08:30 Yoga & Meditation
08:30 - 10:00 Breakfast
10:00 - 12:00 JadeStone Massage
13:00 - 14:00 Healthy lunch
14.30 - depart additional therapies to book on request

* Accomodation is at Coral Coast Dahab, based on 2pax superior room. Single supplements. Downgrade to standard rooms available. Superior rooms available (with tea & coffee making facilities, fridge, balcony with sea view). Facilities include private beach, swimming pool, restaurant & bar. We can arrange return transfers from Cairo - Dahab, by road or flights & liaise with other participants for car pooling.

INFO & BOOKINGS:

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full information pack available on request.