

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.

FULL 4 DAY PROGRAMME

- ▶ full board accommodation*
- ▶ detox introduction
- ▶ 3 yoga & 2 meditation sessions
- ▶ 2 guided walks & hikes
- ▶ 3 massage therapy sessions
- ▶ detoxifying body massage
- ▶ Sudanese sauna & body scrub
- ▶ personalized detox plan



Sudanese Sauna & massage



Superfood diet



INFO & BOOKINGS:

T: 011 2344 2255

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www.coralcoasthotel.com

Kundalini Yoga

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

Massage therapy session & 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

Massage therapy session & 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

Massage therapy session

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.

full information pack available on request.