



# 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 Group Classes
- ▶ 2 Personalised Sessions
- ▶ 3 Massage / Scrub Sessions
- ▶ 2 Guided Walks
- ▶ personalized detox plan



Sudanese Sauna & massage



Superfood diet



## INFO & BOOKINGS:

T: 011 2344 2255

E: [wellness@coralcoasthotel.com](mailto:wellness@coralcoasthotel.com)

[www.coralcoasthotel.com](http://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

Self Practice

08:30 - 10:00

Breakfast Smoothie

10:00 - 11:30

Group Class

12:00 - 13:30

Healthy lunch

TBC

Full Body Scrub

17:30 - 19:00

Personalised Session

19:30

Dinner

## DAY 3

06:30

Hot lemon & water

07:00 - 08:00

Breakfast Smoothie

08:30 - 09:30

Guided walk

10:00 - 11:30

Group Class

12:30 - 13:45

Healthy lunch

TBC

Massage therapy session

17:30 - 19:00

Personalised Session

19:30

Dinner

## DAY 4

06:30

Hot lemon & water

TBC

Full Body Scrub

08:30 - 10:00

Breakfast Smoothie

10:00 - 11:30

Group Class

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.