

6.

SPIRITUAL NUTRITION RETREAT



*Revitalize your body through cellular renewal, reduce oxidative stress,
and prevent deterioration and aging.*

*December 1 - 11, 2024
June 14 - 24, 2025*

For more than 13 years, we have been working on various types of Fasts, we have the experience of guiding you in a gratifying, safe and happy way, which will lead you towards gratitude and the most incredible effects with your integral essence, recognizing the symbiosis that we have with mother Earth.

Objective

Resetting your entire body is essentially a cellular renewal, reducing oxidative stress (damage to cells caused by unstable molecules known as free radicals), avoiding the deterioration and premature aging of cells, improving the conversion of nutrients into energy, improving waste removal, eliminating pathogens and other foreign materials inside cells.

Recommended for

People who want to deepen their knowledge of self-healing, self-repair, empowering their being, increasing energy to live better, accelerating the renewal of cellular structures, and delaying aging. Protect you against: various diseases; aging; Fatigue. Provides Lifestyle change; Awaken your creative power; Empower you.

Methodology

- A personalized juice and healthy eating plan.
- Natural and technological therapies focus on supporting the body to repair.
- Lifestyle recommendations, with activities that allow learning new healthy habits.
- Deep encounters with yourself.

Program Activities: Activity 11 days / 10 nights

Biological terrain evaluation

Juices and foods

Water Ceremony

Yoga / Pilates

Sound Healing

Spa

Lymphatic Drainage

Neural Therapy

Liver Cleanse

Accommodation