

CE3: 17-22 September 2023

Equinox Detox

Subtitle: Juicing and Yoga

Languages: EN, FR

Menu: Juicing, 4 fresh vegetable and fruit juices per day

Teachers: [Marie Vergne](#) and Holly Niemela

DESCRIPTION :

Come to Tinhela610 to detox with five full days of juicing, yoga and deep relaxation. Guided by naturopath and yoga teacher Marie Vergne and seconded by Holly Niemela for meditation and wellness practices, this is a time to let your body and mind cleanse & detox.

Highlights:

5 hours of guided practice per day.

- Yoga (all levels), breathwork, meditation, guided relaxation, teachings to build your wellness foundation from the inside out. .
- Yagya Fire Ceremony and a Gong Bath

Unguided Relaxation Activities: Sit in nature for some [shinrin-yoku](#) “forest bathing” or bathe in the river, sweat it out in the sauna, lie on your bed and listen to the sounds of nature, take long, slow, deep breaths perfumed with the essence of lavender. Explore the paths, fields and forests around us. Fish in the river for some trout! Borrow the binoculars and do some seriously cool bird watching.

CE Juicing Overview: Our days are punctuated by four delicious and harmonizing fresh juices--fruit and vegetable to help reboot and revitalize your health. Using only organic or locally sourced products, we seek to have the highest quality food in terms of how it was grown or produced. The vibrational quality of food and beverage is of utmost importance to us.

Investment

All cabins are based upon 2 person occupancy in single beds. We unfortunately do not offer single supplements. If you want your own cabin, you will need to buy both beds. ***The one price, all-inclusive per person investment for a Curated Experience is 1500€, including all taxes and services.***