

CE: 17-22 September 2023

Equinox Detox

Languages: EN, FR

Menu: Intermittent Fasting (11h-20h nourishment window) plus one full day Juicing (fresh vegetable and fruits pressed with also some nut milks)

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

DESCRIPTION :

Come to Tinhela610 to detox with us during the autumn equinox. We'll do four days of intermittent fasting (11h-20h window) and one full day of just juicing! Taught by naturopath and yoga teacher Marie Vergne, who will guide us through her stylish yoga vinyasa morning practice and a yin evening practice. Holly Niemela will lead practices for deep relaxation, meditation and wellness practices. This is a time to let your body and mind cleanse & detox. We'll suggest you gradually pause all caffeine, meat and alcohol/sweets during the week prior to the Detox. This will make your time more enjoyable with better detox results.

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 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. Don't forget to just do nothing...

Nourishment: Our days are punctuated by intermittent fasting, within a nourishment window of 11h to 20h. Brunch at 11h is a delicious mix of fresh eggs, fruits, oatmeal, homemade bread, jams, cheeses and other local portuguese delights. A light healthy snack in the afternoon followed by a sumptuous vegetarian dinner. Day three is dedicated to fresh cold pressed juices--vegetable and fruits along with nut milks. Juicing helps to 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 produced. The vibrational quality of our food and beverages is of upmost importance to us! We are also inspired by the "Blue Zones" by Dan Beutner. Named

Blue Zones because of the overwhelming number of people who live to be 100 years of age in that zone on the planet.

Investment

All cabins are based upon 2 person occupancy in XL comfortable 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€, not including approx. 8% tax. Transportation is not included however we can arrange for pickups to/from the Porto airport for an extra fee, if needed.