

Detox and Healing for Mind Body and Spirit

Nuweiba Red Sea nr Sharm el Sheikh EGYPT

7-14 September 2013 1 week

With Sandra Hillawi and Jo Hogarty

www.healingretreats.net Tel: +44 (0) 2392 433928

Double/twin occupancy suite Per person per week £750

Single occupancy suite Per person per week £850

Special Offers for Groups*

- FREE retreat place for promoters when you refer 3 people
- Share the discount : Book with friends 4 or more £200 off pp pwk
- Book with a friend : FREE upgrade from shared to single suite plus free transfers

Mind Body Spirit Detox Programme Includes Per Week:

- 7 nights in 3 star resort ensuite air conditioned suites, beach and coral reef
- 7 days detox menu of 100% raw meals and 3-5 days juice diet
- Introduction seminar : Cleanse and Purify Mind Body Spirit
- Intestinal cleanse with enema, herbs and supplements
- Morning yoga classes – 6 days
- Evening meditation classes – 5 days
- Energy Healing Workshops for emotions and stress – 5 days
- THREE Healing and Relaxing One to One Therapies :
 - Body Massage on the beach or indoors
 - EFT or EmoTrance – for healing stress release and inner change
 - Choose one from : Foot Massage, Body Massage, EFT/ET

Not included:

Flights, transfers, tips, additional therapies Thai Yoga Massage £75 2 hrs, optional excursions

Airport transfers : Sharing both ways £50, £25 supplement per single way



Blissful 2 hrs of Thai Yoga Massage



Morning Yoga By The Pool



Juice Fasting Days

*Conditions apply for Special Offers, check website www.healingretreats.net or call for full details

Reservations Contact : Sandra@passionforhealth.com Tel : +44 (0)2392 433928 Skype: sandrahillawi



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Sunrise from Sinai Gulf of Aqaba and Saudi Arabia

Energy Vitality 😊

Peace Health and Freedom 😊

Weight Loss 😊



Delicious Raw Detox Menu

Love and Friendship ♥

You Are Worth It ♥