



## Pre and Post Detox retreat

[Pre and Post Detox Retreats](#) are directed for those who going to start or just finished their Detox program.

*During the Pre detox week* we will help you move into the detox mode with the right diet, light yoga and relaxed environment.

*The post detox week* will prepare you gradually to face the "real" world. Slowly we will introduce the appropriate foods into the daily diet and will support you in establishing Yoga and relaxation routine.

Led by Yair and Ziza, in their healing center "Armonia Alpujarras" in Lanjaron.

- ❖ **Center facilities:**
  - Accommodations in a beautiful yurts among olive and almond trees
  - Private Pool
  - Sauna
  - lots of love and personal care

**Days included:** Please enquire

**Program and fees:**

**We offer 3 optional programs:**

1. Enjoy and relax in healing center + 3 meals = 70 euros per day
2. Same as above + 1 Yoga class in the morning = 85 euros per day
3. Same as option 2 + Qi Gong class in the afternoon = 100 euros per day.

- ❖ **Treatments are available upon request and will be charged separately.** You welcome to choose among the following modalities: \*Foot reading, Reflexology, Massage, Shiatsu and Mind Body Acupuncture.
- ❖ **Treatment price: 50 euros per session,\* Foot reading 70 euros.**

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**Retreat fees: Depends on program and number of days**

- Non refundable 25% registration fee is required upon registration. The money should be transferred into our bank account at least 4 weeks prior to the retreat. Write to us to receive bank account details.
- This price does not include flight fees and airport transportation.
- Recommended airport is Granada in which you can get economic flights with Ryanair <http://www.ryanair.com> or Monarch air <http://www.flymonarch.com/>
- Airport transportation to our center can be arranged (60 euros from Granada airport, 90 euros from Malaga airport, one way), although renting a car will facilitate exploring the beautiful area surrounding Lanjaron.
- Please make sure that you have a medical insurance that will cover all possible medical needs abroad.
- Please bring light clothes for Yoga and Qi Gong practice, swimming costume, flip flops, torc.