



ANAYATA

MARBELLA | SPAIN

YOU WILL GET:

- Luxurious Accommodations
- Detox Drinks, Fasting Program, & Supplements for Holistic Purification
- 1 Reiki Healing Session
- 1 Emotional Code Session
- 2 Rejuvenating Massages
- Wellness Consultation with Simon Belcher
- Daily Yoga / Mindful Meditation / Breathing Sessions
- Group Sound Healing
- A Class of Your Choice (Zumba, Pilates, Dancing Therapy)
- Ice Bath
- Group Activity: Dead Sea Mud Experience
- Group Hiking in the Forest

FOR \$4,200



ESCAPE THE ORDINARY
& EMBARK ON A JOURNEY
OF REJUVENATION AT OUR
EXCLUSIVE POP-UP
RETREAT IN MARBELLA,
COMMENCING ON THE
22ND OF FEBRUARY!



INDULGE IN A LIFE-CHANGING
6-NIGHT 7-DAY JUICE DETOX
EXPERIENCE METICULOUSLY
CRAFTED TO RENEW YOUR MIND,
BODY, AND SPIRIT.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7:30 AM		Beach Walking	Beach Walking	Beach Walking	Beach Walking	Beach Walking	Beach Walking
8:00 AM							
8:30 AM		Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
9:00 AM							
9:30 AM		Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
10:00 AM		Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar
10:00 AM							
10:30 AM							
11:00 AM							
11:00 AM		Group Talk Introduction to Detox					
12:00 PM							
1:00 PM	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Group Hiking in the forest	End of Fast Fruit
1:30 PM							
2:00 PM							
3:00 PM	Group Sound Healing	A class of your choice : - Zomba - Pilates -Dancing Therapy	Ice Bath	Group Activity (Dead sea Mud experience activity)			
3:00 PM							
3:00 PM							
3:00 PM							
3:00 PM							
3:00 PM	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar	Fresh Juice at the Juice bar		
3:30 PM							
4:00 PM		Cycling on the promenade					
5:00 PM							
6:00 PM	Yoga / Meditation / Breathing	Yoga / Meditation / Breathing	Yoga / Meditation / Breathing	Yoga / Meditation / Breathing	Yoga / Meditation / Breathing	Yoga / Meditation / Breathing	
7:00 PM	Group Orientation						
7:30 PM		Detox Soup+ Liver Flush	Detox Soup	Detox Soup	Detox Soup	Detox Soup	
8:30 PM							
9:30 PM							
10:00 PM							

Supplements & Detox Drinks Time Table	
8:00 AM	Detox Drink
	2 Super Green Supplements
10:00 AM	2 Intestinal Cleanse supplements
10:30 AM	2 Super Green Supplements
11:00 AM	Detox Drink
1:00 PM	2 Super Green Supplements
1:30 PM	2 Intestinal Cleanse supplements
3:00 PM	2 Super Green Supplements
3:00 PM	2 Super Green Supplements
	2 Intestinal Cleanse supplements
8:30 PM	Detox drink
9:30 PM	Probiotics
10:00 PM	Enema

* Each guest will have the following personal sessions during the stay :
1. Reiki Healing *1
2. Emotional code session *1
3. Massages*2
4. Consultation with Simon *1