



www.claritycleanse.com.au

JOIN US FOR 3 NIGHTS OF SOULFUL CLEANSING, YOGA & MINDFULNESS!

TOTAL CLARITY CLEANSE PACKAGE

\$950



Clarity Cleanse Yoga & Health Retreat is a weekend, 3 night immersion - drawing you out of your head.. & into your heart.

A weekend of health, wellness, yoga, breath, meditation, massage, healing, detox and fasting.

What better way to clear the mind & body then to refrain from putting anything in it!!



Retreat inclusions:

- ✓ 3 nights accom (Friday afternoon - Monday morning)
 - ✓ Stunning [Casagrande Resort & Day Spa](#) with breathtaking views
 - ✓ Yoga practice morning (yang) & evening (yin) + plus additional workshops
- *suitable for all levels*
- ✓ Meditation & pranayama practice
 - ✓ Juice cleansing package (details below)
 - ✓ Individual healing sessions (1 hour)

- ✓ Massage treatment (1 hour)
 - ✓ Daily health & detoxification workshops with Lyndal & Alex
 - ✓ Movie nights & tea ceremonies
 - ✓ Free time, journaling & relaxation
- (sauna, steam room & pool facilities etc. included as part of this cleansing process)



Daily fasting regime includes:

- Daily cold pressed juices (x3)
- Evening broth (x1)
- Coconut water (x1)
- Herbal tea (unlimited throughout the day)
- Gut repair powder (optional but provided & consumed together)
- Liver support supplementation (option)
- Purified water only

*Nutrition & herbal supplementation personalised under the guidance of qualified health professionals (*Lyndal & Alex are both clinical nutritionists with BHSc. Nut. Med. so these programs are safe, gentle & carefully prescribed*)



Daily program times:

Check in: 3:30/4pm Friday

Check out: 9:30/10am Monday

- *Day starts 6am Meditation & Yoga practice.*
- *Day finishes 8pm Movie night / tea ceremony.*
- *FULL PROGRAM shared once booking has been secured.*

*NB - times may change depending on seasons & daylight savings



Contact - Lyndal

info@claritycleanse.com.au

Investment:

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Retreat terms & conditions:

Must be paid in full by 4 weeks prior to retreat date.

Non-refundable deposit.

No refunds on paid amount(s) after up to 6 weeks prior to retreat date.

Please advise if you have any special considerations worth discussing.

