

Location for Retreat:
Niet Weten Atelier
Lakemanweg 1
1606 MH Venhuizen
The Netherlands

Email: info@wakeupyourcells.nl
Web : www.wakeupyourcells.nl
Mob : (+31) 6 40 80 96 75 Laurée Sine
Mob : (+31) 6 23 02 25 40 Anne de Klark



Anne de Klark – Chef

My name is Anne de Klark. During the detox weekend I would like to take you, as a cook, on a voyage of discovery in search of new, tasty flavors and explore healthy alternatives to satisfy the needs of your body at this moment. I always loved cooking. Twenty years ago during my training for psychodynamic

bodywork, I was asked to cook for the groups. Then I didn't only find out how much I liked the challenge to create healthy, tasty and fitting meals, but also how important love and attention are in the kitchen.



Else de Vries – Assistant Chef



Agnès Schlüter - Yoga teacher

I'm Agnès Schlüter, I will teaching yoga during this detox weekend. Yoga and pranayama (breathing exercises) are beautiful and powerful ways to support you in detoxing. Yoga is not about performing the perfect posture, but about experiencing and respecting one's own limits. Yoga can offer a beautiful, positive experience for your body, mind, emotions and, if you're looking for it.... A spiritual space for change. My focus (and my passion) is to let people feel that doing yoga is to let in life's energy. Teaching Yoga since 2002.

Laurée Lynn Sine – Organiser / registered naturopathic therapist

Hi! I'm Laurée Sine. During the detox weekend I will guide you in communicating with your mind and body, to become friends again ... in case this connection was lost in the course of time. When there is good inner communication, the soul is satisfied. When there is satisfaction, there is creativity and purpose for life.

I have spent the past 30 years with an intense passion to understand the energetic human body/mind system and have worked with clients since 1997. I am very much looking forward to share my knowledge and experiences with you.



www.wakeupyourcells.nl

17, 18, 19 april 2020



Detox your Mind Retreat

- ◆ Feel and recognize the difference between the critical mind and the soul
- ◆ Includes intuitive cooking workshops, yoga, meditations and a Crystal Bed session

In Venhuizen, Netherlands

The Cooking Workshops

This time our focus is on Intuitive Cooking. In a smelling and tasting journey, we get to know a variety of herbs, spices and other pure and healthy flavours, so that with this knowledge you will feel like experimenting and playing with the preparation of your food. From this openness it is easier to make contact with your body and listen or feel what it needs.

Of course we also create, share and eat delicious meals together!

There will be no sugar and gluten or anything addictive to your system, because this will keep the ego active.

Our chef prepares food tailored to the detoxification activities. Every 2 hours healthy snacks are offered to keep glucose levels in balance and every morning healthy tonics are available to wake up the body.



Weekend activities (energetic) exercises to become aware of your thoughts, learn how to trust your intuition and connect with your soul:

This weekend we will work on the awareness of (old) family patterns and how they affect your life now. You will be given tools and building blocks to grow towards who you are meant to be.

The exercises give you the opportunity to experience how strong the effect of your thoughts are on your emotions and your physical body.

The Crystal Bed, yoga, meditations, energetic exercises and the intuitive cooking workshops will contribute to strengthening your new consciousness.

Including:

- * Revitalizing Crystal Bed group session
- * 2 Yoga Classes, Meditations and Exercises
- * 2 workshops intuitive cooking
- * Nutrition adapted to the program of these days
- * A folder with all the recipes and the exercises.

Not Included: Sleeping accomondations. Please contact Laurée for options.

Times of the Retreat

Welcome on location: 17:00 Friday 17 April

End of our program: 18:00 Sunday 19 April

Price : € 285,-

Including an intake interview with Laurée if this retreat is your first time. If you have participated in a one of our detox retreats before, you will automatically receive a 20% discount.

Please transfer the amount **before: April 3**

NL22 KNAB 0257 6584 75 t.n.a. "In Balance Kristallicht Therapie" for NL banks and for International payments, please send an email to receive our payment link. Remember to add this description with your payment, "Detox Retreat April 2020" and your name.

The Detox program is in my practice and part of the total costs may be reimbursed from your health insurance. Call for more information:

Tel: (+31) 6 40 80 96 75 or email: info@wakeupyourcells.nl

2 ½ - days Detox program

During these 2 ½ days you will experience and learn to understand on a deeper level how your system reacts to different stimuli. Our team of experts will offer you opportunities to feel the connection between body, mind and soul. We look forward to helping you with the steps you can take toward connecting with your true self.