

11 Annual Detox & Healing Retreat

with Wholefoods, Yoga and Half Fasting
9 to 15 August 2014

at Tig Roy, Galbally, Co Tipperary, Ireland
with Charlotte Wirnsberger, Maggie Crosse and Roy Galvin

This carefully supervised programme offers a detoxing healing week that is nurturing, cleansing and strengthening.

Key elements include:

- Lectures, walking, yoga, somatic movements, full body massage,
- Meditation, cooking demonstrations, rest and relaxation.

While one temporary benefit of this program is weight loss, our focus is more on helping you understand what your body needs.

Some of the benefits of this week include:

- ✓ Deep release of toxins
- ✓ Increased energy and vitality
- ✓ Greater mental clarity and focus
- ✓ Break addictions and bad habits
- ✓ Stress release and pain management
- ✓ Discover what foods heal your body and keep it in balance

Some comments from previous retreats:

“The spirit of the retreat is infinite generosity and loving support” LM

“From the first moment I walked in I felt very welcome” DD



Charlotte Wirnsberger was born in Austria, but has been living in Sydney/ Australia since 1980. Charlotte has been facilitating these retreats for over 10 years. Her approach has evolved through training in macrobiotics, nutrition, food as medicine, kinesiology, shiatsu and meditation.



Maggie Crosse has been teaching yoga for more than ten years as well as organising and running regular yoga retreats in Ireland. She has diplomas in yoga, nutrition and shiatsu and was previously an international English and sports teacher.



Roy Galvin is the director of Tig Roy. He teaches wholefood cookery, is an avid hill walker as well as being an accomplished musician and dancer.

Enquiries:

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Cost:

€640 all inclusive, **€490** non-residential if fully paid by 9 June or

€690 all inclusive, **€540** non-residential after this date - **€100** deposit required to book.