

Looking for more energy, lighter digestion and a clearer mind and body?

gaining weight?

Feeling sluggish?
Brain fogged?



Cleanse & Nourish™ and Yoga Retreat

SUNDAY 6 - WEDNESDAY 9 NOVEMBER 2016 - BELLS AT KILLCARE, NSW

Why Cleanse in Spring?

Spring is a great time to shed Winter weight, clear toxins and re-balance hormones. Join Michele Chevalley Hedge and Fiona Pullen for the Cleanse & Nourish™ (not Detox!) Retreat this Spring and bring a friend!

Did you know that medical research proves that when a person is making nutritional changes the support structure of a small group yields greater weight loss and permanent change than any other single component of change!

Our small groups have a 100% success rate with over 84% of our cleansers coming back a second time!

"Doing the practise of yoga with Fiona is such an invigorating experience. Not only has she such calmness but her expertise in yoga makes the whole experience special. I never thought I would enjoy yoga as much as I do and having done one on one and retreat yoga with Fiona I am now going to do yoga for life." **Penny Spencer, MD, Spencer Travel**

"Michele's warm and personable energy is under-pinned by a rigorous knowledge of nutrition, health and wellness. She gives you usable tips that you can apply to your day-to-day life immediately, but doesn't set the standard so high that you feel overwhelmed." **Jessica Rich, Reporter, SBS**

Special Offer

when booking with a friend

Receive a complimentary 30 mins consultation with Michele or Fiona during the retreat.

Your Stay Includes:

- 3 nights boutique accommodation at Bells at Killcare Boutique Hotel staying TWIN SHARE in a King Spa Suite
- Morning & afternoon meditation and yoga classes with Fiona Pullen for all levels
- 3 nutrition sessions with Michele Chevalley Hedge which reflect the nutritional values taught during this retreat
- All meals based on Cleanse & Nourish™ principles - no gluten, no hidden sugar, no dairy, no red meat
- Bush walking through Bouddi National Park and experience the beautiful sunsets along Putty Beach
- Your cleanse continues at home with Cleanse & Nourish™ personal program for a further 3 weeks
- An entire 4 weeks of online 'nutritional bites' and online support by A Healthy View nutritionist

Cost

\$1599 per person based on Twin Share, King Spa Suite. Private rooms available on request and subject to availability. Beverages and spa treatments not included.

Bookings

kitty@bellsatkillcare.com.au
or phone **02 4349 7000**

For more information visit: ahealthyview.com.au / ashtangayogospace.com.au