2022 Reset Retreat

Detox & Customized Health Guidance

22 - 26 June 2022

Blanco Guest Farm | Eastern Cape

To book, simply call 045 846 9163, o email info@blanco.co.za





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Detox & Customized Health Guidance

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The last two years have been **Taxing**...

Trying...
EXHAUSTING!

Mentally, Physically, Emotionally and Spiritually.

We are thrilled to bring you **restorative**, **rejuvenative** retreats in 2022 at the stunning **Blanco Guest Farm** in the untamed Eastern Cape. Enjoy **good food**, **fresh air**, **rest** and **relaxation** as you retreat into **nature** with *expert Guides and Gurus* who can help you **restore balance**, **feed your soul**, and **nourish your over-taxed mind**.

Cost: R8500pp

EARLY BIRDS (join before 30 May)

R 6500 pp

INCLUDES:

Gentle, natural detox (through whole, organic foods))

Specialized detax herbs

Meditate with the Elements

Gentle, restorative Yoga

Hikes in nature or relax at the fireplace

Accommodation

Ayurvedic Health Consult with

Custom lifestyle recommendations

Massage







Restorative Ritual

We understand the importance of supportive habits. Come on a revealing Journey with us to discover which simple daily practices can help you reap continued benefits by improving your immunity, creating space in your mind for the things that really matter, and how to balance your unique body in the most beneficial way. Above all,

let's house some fun!





Guiding

Elanie Beckett

As regularly featured on Talk Radio 702 and Cape Talk, "DR. DETOX" brings more than 24 years of studying human behaviour, spirituality, illness and disease, plant medicine and natural healing to you in this amazing experience that promises to leave you feeling educated, enriched and empowered.

Having studied directly with mentors such as *Dr. KP Khalsa*, *Kate O'Donnell*, and *BK Shivan*i enables **EL** to now bring you the Ancient Teachings of these Masters in a stunning natural environment that is conducive to deep self-discovery.

Ayurveda and Yoga teaches that we are not broken beings that need to be fixed. Our original perfection lies inside each of us, ready to be coaxed into the light.

Join us and learn what makes you unique, how your natural tendencies are your **greatest gifts** and how you harness your unique gifts to fulfil your ultimate **Purpose**.

AYURVEDIC PRACTITIONER | YOGA THERAPIST | AUTHOR | SPEAKER



Eddie Humphries Courtesy of the inimitable Martha Beck, ED describes



himself as a **WAYFINDER**, because we are definitely living in a wild, new world that needs to be discovered, and explored.

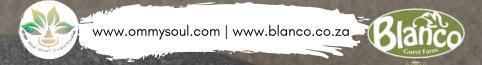
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Frustrated with conventional religion and thinking, he has spent most of his life searching for the secret to self-mastery; that special knowingness that would bring such consciousness and connection as to lead to a **fulfilling**, **abundant** and **joy-filled** life.

He believes that we now stand at amazing frontiers, previously obscured by the mists of mysticism from all but the holy few, that need to be recognised, understood, and crossed. He will share with you how the latest research shows how science and meditation can combine to make anything, and everything, possible!

Join him, and discover the **most unique wonder** in creation; **that which is within YOU!!**

WAYFINDER/SPEAKER/SPIRITUAL ARCHITECT/HUMAN BE-ING



Reserve Rightaway!

We're limiting space... Book today

To ensure everyone's comfort, peace of mind and ample one-onone access to the Hosts, we are ONLY taking along 12 participants this time.

To book, simply call 045 846 9163 or email info@blanco.co.za

We can't wait to pamper and spoil you on this epic re-TREAT

Take a sneak peek ...

