



Detoxification, Rejuvenation & Transformation

by Yogrishi Vishvketu & Yog Sundari

Akhanda Yoga Retreat



5 DAY WORKSHOP
January 20-24th 2017



For more information:
esther@rainbowretreat.cw

Villapark Fontein Kavel B77
Weg naar Soto z/n, Curaçao
www.rainbowretreat.cw

Rainbow
retreat 

INSPIRATIONAL LOCATION FOR YOUR EVENT

Detoxification, Rejuvenation & Transformation With Yogrishi Vishvketu & Yog Sundari

Many detox program followers report feeling more energetic. This would make sense because while you're detoxing you're stopping the influx of the things that caused you to need a detox in the first place. The process of detoxification requires some discipline. The most noticeable benefits from detoxification are the physical ones. Since the toxins store up in major organs, detoxification will help these areas the most. The organs which are affected, such as the liver and stomach, will begin to work more effectively. After detox is completed, you may feel 'lighter' and have more energy. A detoxification regimen will clear your blood, helping it circulate better.

- Boosts Your Energy
- Rids the Body of Any Excess Waste
- Helps with Weight Loss
- Stronger Immune System
- Improved Skin
- Better Breath
- Promotes Healthy Changes
- Clearer Thinking
- Healthier Hair
- Lighter Feeling
- Anti-Aging Benefits
- Improved Sense of Wellbeing

Phenomenal teachers, Vishvketu and Yog Sundari will teach us how to detox, rejuvenate and to transform physically, mentally and emotionally, for a more balanced & enriched lifestyle. You will have twice daily yoga with meditation, pranayama & relaxation. Ayurvedic cooking lessons, yoga on the beach, nightly Satsang and sacred Puja are just a few of the many things we will be doing in these 5 days at Rainbow Retreat, where heaven and earth meet.

5 day workshop, January 20th-24th 2017, package details:

• International guests:

- Accommodation for 6 nights from January 19th, check-out 25th.
- Shared room (2 people) \$1.495. Private room \$1.995.
- Includes accommodation, all meals & airport pick-up and drop-off.
- Excludes flight and excursions.

• Locals of Curaçao (with Sedula):

- Accommodation for 6 nights from January 19th, check-out 25th.
- Shared room (2 people) Nafl 1.495. Private room Nafl. 1.995.
- Includes accommodation & all meals.
- Excludes excursions.



Yogrishi Vishvketu began his journey as a student and practitioner of Hatha and Raja yoga and the Vedic healing arts as a child in northern India. From the age of 8, Vishva-ji studied Vedic wisdom at Kanvashram in the foothills of the Himalayas. He went on to attain a Bachelor's degree with a specialization in yoga and its use in optimizing athletic performance, followed by an M.A. and Ph.D. in Yoga philosophy at Gurukul Kangri, the Philosophy university of Haridwar. Vishvketu then moved to Yoga Niketan Ashram in Rishikesh seeking advanced teachings, while teaching and inspiring students from around the world to live the yogic life with joy and dedication.

<http://akhandayoga.com/>



Yog Sundari ~ Julia Anastasiou, is a Chopra Vedic Master, Senior Yoga Teacher, Perfect Health ~ Ayurvedic Lifestyle Instructor, Primordial Sound Meditation Teacher, Face Yoga Super Trainer, Reiki Master, Holistic and Ayurvedic Therapist based in London, England. Yog Sundari is known for her inspirational style of teaching that incorporates both eastern spiritual philosophy and western techniques for mental, physical, and spiritual transformation.

<http://www.yogsundari.co.uk>

For more information:
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