

## **Detox week-end at The Whole Health Centre**

**From Friday to Sunday**

*Join a small group of like-minded people for three days of treatments, juices and mindfulness led by Anne-Lise Miller and Shirley MacDonald. Rejuvenate your body, relax your mind and nurture your soul with this short but highly effective programme. It will leave you feeling clearer headed, lighter body and ready to live life to the full.*



### **Mindfulness and exploring our inner processes**

The urban detox programme creates a safe and supportive space for self-reflection. The time is divided between individual treatments, group work, mindfulness classes and guided meditations to align body and mind and to enhance healing and wellbeing.

The theme for the weekend is the liver. More specifically, we will be exploring its energetic, emotional and digestive functions. Physiologically the liver is the main organ of filtration and detoxification. It is sensitive to stress and emotional upset. Detoxing the liver will often free reserves of energy, improve our capacity to plan and help us let go of resentment.

### **What happens on an Urban detox weekend?**

You will be greeted at 9am on Friday by Anne-Lise and Shirley in the friendly reception area at the Whole Health Centre. You will be able to leisurely meet and introduce yourself to your fellow detoxers over a cup of herbal tea while Anne-Lise and Shirley will explain the plan for the weekend. They are both available to support you and to answer your questions whether in a group situation or in complete confidence during your treatment times.

### **Will I be bored?**

The days are structured with regular activities, juices and treatments but not rigid. Bring a book, a notepad, some knitting or embroidery – there may be some quiet moments when you will feel like doing something gently creative or meditative.

The Whole Health Centre is conveniently located near Hampstead Heath if you want to go for a walk.

We usually finish each day at about 7pm when you'll go home with instructions for your evening and return the next day. You are encouraged to rest and if you feel tired in the day we have comfortable mats for you to lie on.

### What should I wear?

Bring comfortable clothing – leggings, t-shirt and a sweater – some soft shoes or slippers. We encourage you to be warm and comfortable. Jackets, bags and outdoor shoes can be stored safely.

### Will I be hungry?

You will be ‘fasting’ but you won’t feel hungry because you will be ‘feasting’ on plenty of delicious freshly made juices throughout the day. In between juices you can have as much herbal tea and water as you like.

### What treatments are included?

- 2 x Colonic hydrotherapy treatments to cleanse the bowel and eliminate toxic waste
- 1 x 60 minute massage to relax the nervous system and improve circulation
- 2 x Bowen Therapy sessions to help lymphatic and energetic flow
- An additional kinesiology consultation and treatment adapted to your personal needs (physical/emotional/chemical/energy levels)
- A Liver/Gall-Bladder cleanse /flush (optional)
- Juices and detox supplements to maintain optimal nourishment throughout the cleanse
- Meditation and Mindfulness classes to relax the mind and help you think more clearly

### How will the weekend be organised?

#### Friday (x1 colonic + x1 massage or Bowen)

9.00 to 09.30	Arrival. Group introduction 1 <sup>st</sup> fibre/clay drink.
09.30 to 11.00	Anne-Lise’s mindfulness class about the liver
11.00	Juice time delivered to individual requirements
11.30 to 2.30 Shirley and Anne-Lise are giving (colonic)treatments	Treatments/relaxation/walk on Hampstead heath as required. The centre is conveniently located. When you are not having a treatment you are free to make use of the centres relaxing atmosphere or surrounding amenities. We have herbal teas at your disposal and a common area with table, chairs, mats where you can read, relax, listen to music or inspirational talks, draw or stretch
2.30/3.00	fibre/clay drink
2.30 to 3.30 Shirley and Anne-Lise are giving (Massage/Bowen) treatments	Treatment time and free time as above
3.30	Juice time as above
4.30 to 7.00 Shirley and Anne-Lise are giving (Massage/Bowen) treatments	Treatment time
5.00 to 6.00	Meditation
7.00 onward	Going home to relax. You will be given a take-away green drink; this can be slightly adapted to your specific needs and will reduce/eliminate hunger. Depending on the time and commitments you have at home you can choose to have a detoxing hot bath or a sauna at Triyoga down the road. Regardless make sure to have an early night

**Saturday (x1 Bowen + x1 kinesiology or massage)**

9.00 to 09.30	Arrival - Fibre/clay drink
09.30 to 10.30	Anne-Lise leading mindfulness class
10.30 to 11.30	Treatment time
11.30	Juice time ☺
12.30 to 2.00 Shirley giving Bowen treatments  Anne-Lise in giving Kinesiology or Massage treatments	Treatments/relaxation/walk on Hampstead heath as required. The centre is conveniently located. When you are not in treatment you are free to make use of the centre's relaxing atmosphere or surrounding amenities. We have herbal teas at your disposal and a common room with table, chairs, mats where you can read, relax, listen to music or inspirational talks, draw or stretch
2.00	Prep Epsom salts
2.00 to 4.00 Shirley giving Bowen treatments Anne-Lise giving Kinesiology or Massage treatments	Treatment time and free time as above
5.00	Liver flush begins 1 <sup>st</sup> Epsom salt
5.00 to 6.00 Shirley giving Bowen treatments Anne-Lise giving Kinesiology or Massage treatments	Treatment time
6.00 to 6.45	Meditation
7.00	Liver flush 2 <sup>nd</sup> Epsom salt
7.00 onward	Going home to relax until 10.00pm
10.00	Liver flush mixture of olive oil and grapefruit juice at home before going to bed

Sunday (x1 colonic + x1massage or Bowen)

10.00 Most people are happy to have a longer lie in after their flush!	Arrival and everyone meeting 1 <sup>st</sup> fibre/clay drink
10.00 to 11.00	Anne-Lise leading mindfulness class about caring for the liver and gall bladder
11.00 to 1.00 Shirley and Anne-Lise are giving (colonic) treatments	Treatments/relaxation/walk on Hampstead heath as required. The centre is conveniently located. When you are not in treatment you are free to make use of the centre's relaxing atmosphere or surrounding amenities. We have herbal teas at your disposal and a common room with table, chairs, mats where you can read, relax, listen to music or inspirational talks, draw or stretch
1.00	Juice time
1.30 to 2.30 Shirley and Anne-Lise are giving (Bowen/Massage) treatments	Treatments/relaxation/walk on Hampstead heath as required. The centre is conveniently located. When you are not in treatment you are free to make use of the centre's relaxing atmosphere or surrounding amenities. We have herbal teas at your disposal and a common room with table, chairs, mats where you can read, relax, listen to music or inspirational talks, draw or stretch
2.30	2 <sup>nd</sup> fibre/clay drink
2.30 to 4.30 Shirley and Anne-Lise are giving (colonic) treatments	Treatment time and free time as above
4.30	Juice time as above
5.00 to 6.00 Shirley and Anne-Lise are giving (Bowen/Massage) treatments	Treatment time and free time as above
6.00 to 6.45	Closing meditation
7.00	3 <sup>rd</sup> fibre/clay drink
7.00 onward	Going home to relax. You can choose to have a detoxing hot bath or a sauna at Triyoga down the road. Regardless make sure to have an early night. Generally I recommend to break your fast that night if you are hungry or to wait the following day. This also depends on your commitments when you go home. This can be discussed individually ☺