

)O(Stone Hill 5 Day Mind & Body Cleansing Retreat



Feeling stressed, sluggish and tired? This 5 day retreat featuring proven nutritional cleansing and fat burning products is the ideal get-away to kick start a weight loss programme and de-tox body and mind. You will leave feeling cleaner, leaner and healthier with enhanced clarity and a refreshed state of mind.

The Experience

Arrive at your leisure on Sunday afternoon and join us for a welcome reception and dinner on Sunday evening.

You will then enjoy two 'shake days' that include two protein and nutrient packed shakes and one healthy meal high in protein and fiber plus between meal snacks each day. On the third day, participate in the deep cleanse that is designed to be safe and gentle. Ideally this will be followed by a second cleanse day or you may end the week with two more 'shake days' to complete the 5 day programme. This may be all you need or we can assist and support you in continuing on to complete a 30 day programme when you return home.

During the 5 days you will participate in light to moderate activity including hiking on the Bruce Trail; trail walks through the woods or country roads; guided meditations and yoga classes. You can also participate in our energy balancing, healthy eating and manifesting your desires workshops. In the evening, sit around the fire pit and share your experiences.

To enhance your cleansing experience, also included are:

- 30 minute on-site reflexology treatment
- half day excursion to a local spa where you can enjoy the Scandinavian baths experience – an ancient practice that includes hot and cold outdoor baths, steam room and sauna
- a relaxing 60 minute massage at the spa

There will be plenty of time to take a bike ride on the quiet country roads or just spend some time being present, enjoying silence and taking time to reflect and journal.

The cost for the retreat is \$895 per person plus HST. Included are all meals, supplements, refreshments, accommodations, and activities. Extend your stay and join us for the week-end before or after to enjoy all that the area and property have to offer and take advantage of our two for one night accommodation special.

Please contact us for further details and to reserve your spot for this special and unique retreat experience.

Email: info@189stonehillroad.com or call: 519-369-7209