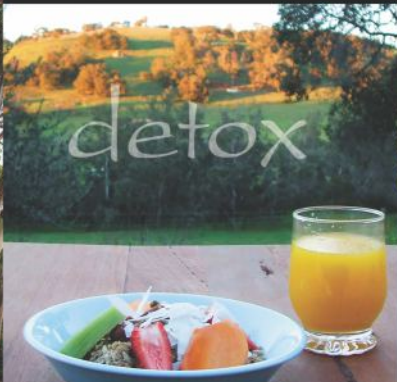
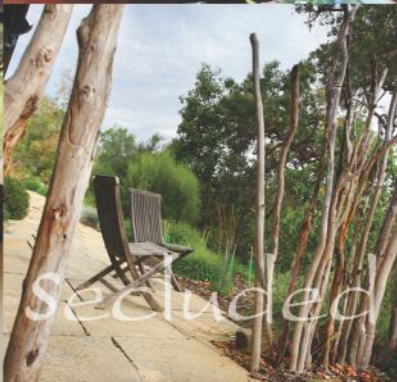




Malkarak

HEALING RETREAT

CHITTERING VALLEY



# Malkarak

## Detox and Health Retreat

The unspoilt beauty of the Australian Bush makes an inspiring and calming location for this holistic health retreat.

This week-long residential detox retreat set in the picturesque Chittering Valley provides care for both mind and body as one integral system. We offer three levels of cleansing and fasting programs with a variety of health activities designed to help you achieve your maximum state of wellbeing. Only essential services that provide the most important ingredients for recovering from our modern world are on offer here.

Immerse yourself in one of our powerful programs, designed to detox the body quickly and effectively whilst ensuring your total comfort. Everything is prepared and on hand for you.

Our handpicked team of professionals facilitate this highly effective healing and detox program but...our focus is on you, the individual and your need for potent, long lasting health management.

*You can be assured the change and impact to your life during the time spent with us will be massive!*

Our 7 day programs include the following education, instruction and activities.

Nutritionally Balanced Organic  
Raw Meals, Green Smoothies, Broths and Juices

- Unlimited Herbal Teas
- Nutritional Herbs & Supplements
- Cleansing Herbs
- Psyllium and Bentonite Drinks
- Daily Probiotic
- Daily Sunrise/Sunset bush walks
- Yoga
- Meditation
- Educational Talks
- Cooking Classes
- Deep Tissue Massage incorporating Osteopathy
- Naturopathy Sessions
- Daily use of Far-infrared Sauna

Dates 6 – 14 April 2012

Prices start at \$2520 + tax

To learn more, speak to Kate

Call 9571 8630 or visit our website at  
[www.chitteringvalleyretreat.com.au](http://www.chitteringvalleyretreat.com.au)



CHITTERING VALLEY