

Mallorca Detox Retreat Hippocrates Style!

17 - 20 October 2013

Transition to Raw Food and Discover the Divine Adventures that Await You on the Other Side.

Detox Retreat

Mallorca Detox Retreat is Based on the Hippocrates Health Institute Teachings

We will spend 4 fun and relaxing days together in a beautiful finca in Andraitx that is in harmony with nature. You will re-discover:

- ♥ An abundance of energy in your body that you never thought possible and new zest for life!
- ♥ How to discover a new relationship to fruits and veggies.
- ♥ How to gain or loose weight in an easy and simple way.
- ♥ How regain a new glow in your eyes, hair and skin.
- ♥ How to regain a clear unfuzzy mind.
- ♥ How to boost your immune system.
- ♥ How to regain a pain free body!

This Dynamic Retreat also includes:

- Accommodation in a shared room
- Hippocrates style healing juices and all foods from an organic source
- Wheatgrass shots and information on this miracle food and huge benefits!
- The difference and benefits between a Green Juice and a Green Smoothie
- What is chlorofil and why is it so important?
- Workshop and demo on how to make MYLK from nuts and seeds
- Workshop and demo on how to grow bean sprouts and their Super Food benefits
- Basic tips and demonstration on how to clear toxins from the system through the reflexology points on the feet.
- The importance of Breathing, Rebirthing and Oxyginating the body
- The importance of the 20 connected daily breaths
- The Importance of Ecology and why The Importance of Spiritual Purification and how to incorporate it in to your daily practice.
- Informative talks
- Demo on how to prepare nut seed pate, vegetable spaguetti and chocolate truffles!
- How to stay on a Raw Diet in the winter
- Crucial info on the pros and cons of Soy and milk
- Chi machine for body balancing
- Massage (aditional cost, please prebook)
- Shaking Breath Dance Meditation, day 1
- Chakra Breathing Meditation, day 2



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Details at a Glance

- EVENT** Raw Detox Mallorca October 2013
- VENUE** Shared accommodation. A beautiful and relaxing farm in the mountains of Andratx, at the beginning of the Serra de Tramuntana, where every detail has been taken care of including the importance of ecology, water and welfare.
- DATES** From Thursday 17 to Sunday 20 October 2013
- ARRIVAL** Between 3 to 5 pm on Thursday to register. Juice will be served upon arrival so that you can relax and enjoy the venue before dinner.
- COMPLETION** We will end at 6 pm on Sunday
- AIRPORT** Easy access by cab from Palma's International Airport
- INVESTMENT**
1. Investment 495€
 2. Early bird registration before 1st September 10% discount
 3. 200 € deposit to the account:
 - *Spain:* Banco Popular account 0075 6893 2106 0033 7657
 - *Outside Spain:* IBAN ES30 0075 6893 2106 0033 7657 BIC POPU ES MM
On behalf of Pure Passion for Life Detox + indicating your name
 4. Closing day for bookings 30th September
 5. Please email me with the receipt to beverley@rawfooddietforlife.com with your reservation
 6. Nonrefundable deposit, but transferable.

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WHAT DO YOU NEED TO INCLUDE IN YOUR SUITCASE?

Comfortable clothing with enough changes for after the meditations

Thick socks for the meditation hall.

Towels will be supplied to you for daily showers but please bring extra for meditation.

Swimsuit, so that you can enjoy the amazing weather by the pool.



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WHO IS BEVERLEY?

Ever since I can remember, I have always had problems with food. When I was a teenager, I was completely anemic and weighed less than 40 kilos (88 lb). Later on, I suffered from hepatitis B and had to spend more than six months in bed. Luckily, I had the help of a very caring and dedicated allopathic doctor at the time, who recommended I abstain from eating meat and dairy products in order to recover and save my life. I won the battle! And very successfully so!



Beverley Pugh

From then on, my goal has been to help people with serious health problems, and that is why, more than two decades ago, I created one of the first centers for alternative therapies and personal growth in Majorca, Bodhana, where I introduced Reflexology and Reiki on the islands. But after a few years, I was bedridden again. For 2 months I suffered from chronic fatigue syndrome and hyperglycemia and, once again, saved my life through food, this time with the macrobiotic diet. Again I survived! After this experience I became a pioneer by expanding my range of activities and creating a massage center by the sea, on the beautiful beach of Illetas.

I continued my training, with many internationally renowned teachers within the realm of health and personal growth, and as rebirther and psychotherapist. During one of my training sessions in Virginia (USA), I bought a book by David Wolfe on raw food.. I had no idea what it was, but, I devoured the book in one single night and the next day I searched the Internet to find out more about this amazing concept. I don't believe in coincidences, and when I learned that David Wolf was going to give a lecture in New York the following week, I was there listening to information which literally "blew the lid off my brains" and made a lot of sense to me: **"Cooked food is dead and raw food is life"**.

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WHO IS BEVERLEY?

I became a raw vegan the next day. Two years later, I went back to USA to train at the Hippocrates Health Institute, ranked as the world's number one educational medical health spa, in West Palm Beach, Florida (USA). Since then I have continued to enhance my education as a Raw Food Chef, teacher and instructor, until I sold the Bodhana center four years ago, in order to complete my training as a Raw Food coach, dedicating myself to it with body and soul. I now prepare healthy food, work as private health consultant and chef, and have written a Raw Food book in Spanish. Weighing 14 kilos less than 11 years ago and having reached the "golden age", ... it turns out that I have more energy now than when I was 18! I've never felt so full of life. Life is so exciting and stimulating. You can feel like this! This way of eating can change your life forever!

As Health Educator and Coach according to the Hippocrates Health Institute teachings and as Raw Food Chef and Instructor (a Lifestyle Based on the living food principle), my purpose in life is to help those who, like you, are open and ready to learn and increase their awareness to feel peak health, feel better than they could ever have imagined, have a stress-free life style, free of disease, free of pain, loose or gain weight, have radiant skin and shiny hair, rejuvenate and enjoy longevity.

My services:

- Private 1 on 1 consultation and coaching to help you make a Smooth Transition to Raw Food.
- Individual program and residential Detox groups, based on the Hippocrates Health Institute philosophy.
- Workshops and catering events
- Culinary training courses on Raw Food
- Re-vamping your kitchen ready for Raw Foods.

*"Let thy food be thy medicine
and thy medicine thy Food"*



www.RawFoodDietForLife.com

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