

## SIGNATURE FIVE-DAY DETOX RETREAT

In a modern world, we find ourselves in increasingly poor physical and mental health, where we are harried and buffeted by the demands of life - feeling out of balance and unwell. We have stopped growing and started simply surviving. Kwendalo's holistic approach to wellness encourages self-knowledge, harmony, and growth. This is a place where you can restore your balance and learn to start growing again.

Nourish body, mind and soul during our signature Kwendalo Five-Day Retreat comprising a three-day cleansing fast with vibrant juices, vitamin-rich broths and herbal teas followed by a two-day reintroduction of healthy plant food. During the retreat, our guests will enjoy a bespoke treatment plan to facilitate reconnection with the physical world, balance and revitalisation on your personal journey towards holistic wellness.

### THE ESSENTIALS

Dates: 9-14 October 2022 or 6-11 November 2022

Location: Kwendalo, Plettenberg Bay, South Africa

The Team: Yolande van Papendorp, Dr Hanli Rautenbach, Sarah Lock, Harry Petrie, Chi- Chi Love, Bianca Aimee, Nico Weeber

Price: R13 370 excluding accommodation

### INCLUDES

- Reflexology session (1)
- Massage session (1)
- Infrared Sauna sessions (3)
- Meditation sessions (3)
- Yoga sessions (4)
- Health Consultation (1)
- Colonic Hydrotherapy or Chi Nei Tsang session (1)
- Sound Therapy session (1)
- Statistical evaluation sessions (2)
- Ozone Therapy session (1)

### Additional Therapies Available

- Reiki
- Guidance/Counselling
- Polarity Energy Treatment
- Integrative Body Work
- Aromatherapy

## PROGRAMME

### **Sunday**

16:00 – 17:00 Arrival

17:00 Welcome “Cocktail”

17:30 Kwendalo Orientation

18:30 Light Dinner with introduction to five-day programme, setting intention for the retreat and meditation

### **Monday – Wednesday (Days One, Two & Three)**

Fasting comforted by well-balanced, cold-pressed organic juices and shots, warm broths, and herbal teas

Meditation and yoga, treatments, and therapies complemented by periods of rest.

### **Thursday (Day Four)**

Introduction of healthy food with continued meditation and yoga, treatments, and therapies.

### **Friday (Day Five)**

Recentring Kundalini meditation followed by breakfast and a feedback session, and an immersive, hands-on workshop. The day will end with a nourishing vegetable feast.

## PREPARATION FOR THE RETREAT

In order to optimise your experience at Kwendalo, we recommend that you prepare your body and mind before arrival by ceasing the intake of meat, cheese, processed food, cakes, sugar, coffee, alcohol, processed dairy, and soft drinks at least ten days prior to the retreat.

An e-mail with information on the benefits of fasting, as well as suggestions for your diet will be sent prior to the fast. By following the suggested preparation, you will arrive with a relatively clean digestive system and will enjoy a pleasant and enjoyable week at Kwendalo.

During the retreat, we will be cleansing your body with delicious, balanced, and nutritional juices, elixirs, herbal teas, coconut water, and warm broths in the evening. You will not be hungry but be prepared for a fair amount of rest, especially during the first two days while you rejuvenate.

On a physiological level, fasting works rapidly by removing dead and dying cells and toxins while stimulating the building of new cells. During a fast, digestive enzymes are relieved from their digestive role and become mobilized for the cleansing and revitalisation of the body. This happens on both water and juice fasts.

“Ageing” occurs when more new cells die than are built. “Youthing” happens when more cells are produced than are dying. After fasting, the experience of “youthing” abounds. Senses get sharper, food tastes better, you have more energy, and it is easier to concentrate.

We will also facilitate opportunities for stillness & meditation. This will allow you to quiet a busy mind and connect with your inner self.

## MEET THE TEAM

**Yolande | Food Coordinator** Yolande van Papendorp is the founder of the whole-food store, NumNum, and has 20 years’ experience in the culinary industry. After travelling extensively in 2014, Yolande began to explore new flavours and connection with nature on a spiritual level. She brings a passion for raw, or living, foods to Kwendalo.

**Dr Hanli | Health Practitioner** Dr Hanli Rautenbach is a registered homeopath, in full time practice since 1999. Over the past 20 years, Dr Rautenbach has both managed her own practice and worked with Mrs Anneliese Cowley at the St Francis Health Centre, managing the health centre after Mrs Cowley’s death. She has thousands of hours’ experience with detoxification and has guided thousands of people through their detoxification processes. Your consultation will be an hour, involving a thorough case history as well as the use of iridology and kinesiology as supportive modalities.

**Sarah | Massage** Sarah Lock graduated with a bachelor's degree in Therapeutic and Sports Massage in New Zealand in 2013. Her studies focused on finding the root cause of pain or dysfunction in the musculoskeletal system thus increasing the chance of resolving the issue rather than continually treating symptoms.

**Harry | Reflexology** Harry Petrie is a Registered Therapeutic Reflexologist with Allied Health Professions Council. Following a detailed patient history recording any diagnosed or chronic conditions and general state of health, the physical treatment working mostly on feet and hands will complement the other therapies

**Chi-Chi | Colon hydrotherapy & Chi Nei Tsang** Colon hydrotherapy is an integral and very important part of the detoxifying process, as any toxins that the body releases during the fast are quickly and efficiently swept out. It is helpful to start a fast with a colonic treatment as this stimulates the detoxification process. Chi Nei Tsang is a holistic approach to the healing touch modality. It integrates the physical, mental, emotional, and spiritual aspects of our being.

**Bianca | Yoga** Yoga is a union of the mind, body, and spirit, cultivated in India many thousands of years ago. Through breath and movement, we developed an awareness of our bodies and a calm state of mind, helping to relieve tension and anxiety that's seems to be very common in our world today. It allows our bodies to become strong and flexible well into old age. It strengthens our immune system and calms our nervous system.

**Nico | Sound Therapy** Sound Therapy stimulates your ear and brain and helps you to reduce stress and anxiety. Research has shown how some frequencies improves brain function and help reduce stress. Human beings have always used sound to receive information from their environment, to communicate with each other, and to heal and transform. Sound Therapy is a deeply relaxing and harmonizing experience, recommended for many types of physical ailments and emotional or psychological issues. Sound Healing instruments are used, some of which are applied to the physical body, others played around the body in the subtle energy fields and energy centre's (chakras).

### **Infra-Red Sauna**

Infrared saunas increase blood circulation and stimulate the sweat glands, releasing built-up toxins in the body. Infra-red releases heavy metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulphuric acid, and other organic and inorganic compounds. It has been known for decades that sweating is a wonderful way to get rid of stored chemicals.

### **Ozone Therapy**

Ozone enhances your health by bringing oxygen to your tissues; it improves circulation and assists in relieving pain. The combination of steam and ozone is an effective way to naturally stimulate a revitalising sense of well-being. It is known to assist in the treatment of a wide range of medical and health conditions.

We look forward to welcoming you to Kwendalo's Signature Retreat. Please let us know if you have any additional questions on [wellness@kwendalo.co.za](mailto:wellness@kwendalo.co.za) or +27(0)44 004 0633

### **Terms and Conditions**

- Please note that the optional therapies are subject to practitioner availability.
- Booking is essential
- Whilst every effort is made to provide accurate information, this programme may be subject to change and guests will be informed as soon as possible of any changes.

**EXPLORE THE ESTATE**

**Accommodation available at The Manor House, Kwendalo**

**BROWSE ACCOMMODATION**

As accommodation is block booked for the retreat, please contact Jana on the details below to book your accommodation

### **CONTACT KWENDALO**

Email: [hello@kwendalo.co.za](mailto:hello@kwendalo.co.za)

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