

New Beginings Living Foods Retreat at the Foxhollow Clinic & Spa

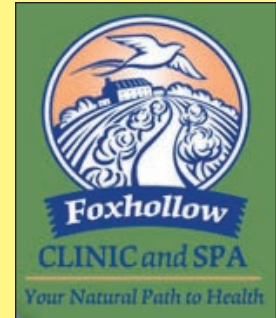
Louisville, Kentucky

When: Thursday 26th January to Thursday 2nd February, 2006
or Weekend Only - Friday 27th to Sunday 29th January

Location: **The Foxhollow Clinic & Spa**
8909 Hwy 329
Crestwood, KY 40014
www.foxhollow.com

Contact: Kimberly May (866)265-9064 • (502)241-4304

Price: Week long Retreat - includes all group activities and meals (organic, living , vegan meals)
\$975 * - Weekend Retreat \$350*
*(accommodations extra and depends on which kind of sleeping arrangements you choose. Please refer to the Foxhollow website or speak with Kimberly or Nancy)



The New Beginings Retreat is geared to anyone who wishes to make a new start or simply to reinvigorate their lives. Through a series of modalities which include lifeskills coaching, nutrient dense ,scrumptious and living foods, medical testing and supervision, infra red saunas, fitness and Yoga classes, Pilates and Movement Therapy, motivational/inspirational talks and Art Therapy you will be guided and supported to break old patterns that have been holding you back. You will leave refreshed, with a stronger sense of self and the experiences and information to make healthier lifestyle changes. In addition to medically tested and supervised information that will help you support the natural elimination and detoxification processes of your body, each participant will receive a detox kit and assistance to continue the healing work begun during the Retreat.

The Retreat is led by Dr. David Wong (Medical Director, Foxhollow Clinic) and Dorit, author of Celebrating Our Raw Nature. Certified Organic Vegan, Living Foods Chef, Chopra Centre Educator and Certified Movement Therapist, Reservations are required and it is suggested that you book early to insure your participation.

During the week long Retreat, private Nutritional/Fitness and LifeSkills Consultations with Dorit are available at an extra \$100 for 1½ hour sessions.

Private Medical Consultations with the Medical staff is available by appointment with the Foxhollow Clinic, Therapeutic treatments include Colon Hydrotherapy, Cranial-Sacral Work, Rolfing and other typical spa treatments such as bodywraps and massage.



The Foxhollow Clinic & Spa • www.foxhollow.com