

Jiva Healing

Juice Fasting & Yoga Detox Retreats

4 – 11 & 11 – 18 June 2012

with Rebecca Andrist & Teresa Montano

Two one-week retreats, designed to heal and rejuvenate your body, mind and spirit, with fresh juices, sunshine, massages, daily yoga classes, nutritional advice and meditation.



Rebecca Andrist co-founder of Jiva Healing, is a qualified nutritional advisor, yoga teacher and massage therapist who has worked in healing centres in Costa Rica, Puerto Rico, Thailand and the States. Her healing work ranges across yoga, meditation, bodywork, nutrition, exercise and colon care. She has been running Jiva Healing for 4 years with annual retreats in France, England, Turkey and India



Teresa Montano has been teaching yoga since 2003. She was a professional dancer for 20 years and turned to yoga after visiting India, where she studied with Sri K Pattabhi Jois and the Sivananda School. Her teachers in the west include John Scott, Danny Paradise and Angela Farmer. Teresa teaches a gentle practice drawing on her background in movement and other forms of body work. She is also an aquatic body worker and a Thai massage therapist. Her yoga classes are suitable for all levels of experience.

These retreats will help you to cleanse and purify the body and mind, eliminating toxins that have stored up in your cells from a lifetime of bad habits. Fasting allows an incredible cleansing process that reaches down to each and every cell and tissue in the body. All your organs receive a well-deserved rest and a much needed clear out. Without the chemical interference of stimulants like caffeine, nicotine, sugar and alcohol, your body is able to find a better natural balance. You will take part in daily yoga and nutrition classes and practice meditation. Professional and experienced nutrition advisors and massage therapists will be on hand for personal consultations and relaxing treatments to support you throughout the fasting process and you will leave feeling energized, rejuvenated and inspired to carry on with a healthy lifestyle upon your return home.



During the fast you will consume organic fruit and vegetable juices, barley grass and vegetable broth to provide you with the vitamins and minerals you need to nurture your body, and detoxifying herbs will aid in the cleansing process. Psyllium husks will provide cleansing bulk and help stave off physical hunger. Self-administered enemas are done twice daily to help the body to eliminate toxins.

Prices: £670 sharing, £760/£790 single, includes 7 nights accommodation with en-suite bathroom, all juices and soups, detox pack and all classes. Flights, transfers and massage treatments are not included. We offer a £50 discount for anyone booking a single room for 2 weeks.

Booking and further info: contact Rebecca Andrist or Melissa Kendall, E: jivahealing@gmail.com
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