



## Spring Detox With Krishnataki & Liz 28<sup>th</sup> April – 4<sup>th</sup> May 2010



### Why Fast?

Autumn and springtime are beautiful times of the year to eliminate toxicity and maximise body/mind purification. Due to an ever-increasing influence of a society made of convenience food, water/air pollution, and a constant build-up of stress - the need to stop and allow our bodies to breathe, reconnect with nature and our true selves is becoming more and more urgent. Once we allow this process to unfold we start to become the masters of our own lives. We alone are our own healers. Small individual steps slowly make global changes.

### BEFORE



### AFTER



### Course

This intense five day course will look at detoxification from both a Western and Chinese nutritional perspective. We will use the practice of yoga, chanting, and meditation as well as colonic cleansing, Chi Nei Tsang internal organs massage and herbal steam bath to assist our detoxification. We will also use various local medicinal herbs and fruits and colon friendly supplements to meet individual constitutions and needs. Daily nutrition and healthy eating classes will be led to deepen our understanding of what and how we eat to be able to continue cleansing naturally in our daily lives.

### Teachers

Krishnataki , originally from Greece, has been teaching Thai Yoga massage, Chavutti Thirumal and yoga since 1998 having lived and studied in Thailand and India. He is a



senior massage teacher of the Sunshine Network, and has trained with Thai massage masters Pichet Boonthume and Chayuth Priyasith among others. He is passionate about Chinese medicine, cooking and nutrition and has been studying and experimenting with various healing diets and food therapies since his early twenties. He is now based in Greece, at

Sunshine House, and offers the detox programme twice a year. He is renowned for his unique, fun-loving and passionate way of guiding a group as well as his generous spirit, hot hands, and extensive knowledge of both Eastern and Western nutrition.

Liz gave up her outstanding career in the thespian world, shed her many guises and decided the way to liberation for her was to just 'be' herself and open up to the many life experiences which empower and transform us. Her catalyst was the Sivananda Yoga teacher training course in India which she attended in 2000, giving her support and direction on her spiritual path. She is a qualified natural nutritionist and has led detox programmes over the past few years at Sunshine House, offering her open heart, extensive knowledge and warm support to all those around. Her contagious laugh can be heard over three fields and she can always be found celebrating the new moon with an enema.



## Daily Schedule

06:00 Wake Up!  
06:15 Bentonite Clay/Psyllium Husks  
06:45 – 8:15 Yoga / Tai Chi  
09:00 – 09:30 Juice Time  
10:00 – 13:00 Castor Oil Packs & Enemas  
13:00 – 13:30 Juice Time  
13:30 – 14:00 Chanting  
14:00 – 16:00 Free Time / Rest  
16:00 – 17:00 Qi Gong  
17:00 – 18:30 Juice Time & Group Forum / Nutrition Class  
18:30 – 19:30 Herbal Steam Bath  
19:30 – 20:30 Broth  
20:30 – 21:00 Meditation & Chanting  
21:00 Bedtime & Mouna (Silence)



## Course Venue



The course will take part at Sunshine House, a non-profit organization, situated on the Greek island of Evia. It is a traditional, old country home and grounds used as a place for study, relaxation and rejuvenation where the philosophies, diet and healing arts of the East and the West are blended. A place which aims to promote simple, eco-friendly living and community spirit. Yoga, Thai Massage, Qi Gong, Nutrition,

Fasting, Meditation, Chanting, Organic gardening and cooking are some of the tools used on courses here to reconnect with nature, with each other and with the Divine. To get to Sunshine House you need to fly into Athens and take a bus journey of 2 hours.

## **Cost**

The course costs 550 Euros all inclusive. A deposit of 200 Euros is required to reserve participation.

## **Contact**

For more information see [www.thaimassage.gr](http://www.thaimassage.gr) or email [info@thaimassage.gr](mailto:info@thaimassage.gr) or join facebook group Sunshine House.

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