

relax & rejuvenate

Join the 5 day juice therapy retreat for improved quality of life with enhanced health and wellbeing

Kimi Ora Eco Resort, Kaiteriteri, Nelson

Spring Retreat	October 31st to Nov 4th 2014
Autumn Retreat	March 27th - 31st 2015
Spring Retreat	October 16th to 20th 2015

Daily routine includes morning meditation, yoga, hydrotherapy, massage and health related activities. Enjoy a relaxed and supportive atmosphere with experienced naturopaths Valmai Becker and Phillipa Rutherford, as they guide you through this revitalizing fasting retreat.

Kimi Ora Eco Resort features a luxury Aqua centre with indoor and outdoor pools, spa, saunas, beach views and a variety of natural spa treatments.

Bookings to Valmai Becker 03 3251314 or valmai@phytofarm.co.nz

Book early as this is a very popular retreat!



Valmai has established an organic medicinal plant farm on Banks Peninsula where she runs herbal apprenticeship programs, workshops and garden tours.

Phillipa is the founding director of the Chandrakirti Meditation Centre in Upper Moutere Nelson, with the program including regular study classes, meditation retreats, Buddhist philosophy and healing courses.

The Juice therapy or fasting retreat will involve the daily preparation of fresh organic juices, herbal teas and nourishing vege broths.

Kimi Ora Eco Retreat overlooks the golden sands of Kaiteriteri beach and offers a wide range of spa facilities as well as beach & bush walks, mountain bike trails, tennis and fitness trails, as well as many indoor activities all of which you can enjoy on your retreat.

Twin share \$875 all inclusive. Own room \$935 all inclusive.

A deposit of \$200 is required to secure your place on this very popular retreat.

Cost includes all accommodation, daily retreat program, all juices, a massage, and full use of all aqua centre facilities.

Preparation details and a schedule for the retreat will be sent out upon receipt of your deposit.

Cancellation policy - deposit is retained if 7 days notice of cancellation before retreat date is not given.

Please contact Valmai Becker on 03 325 1314 valmai@phytofarm.co.nz

Or Phillipa Rutherford 03 543 2015 director@chandrakirti.co.nz for further details and bookings.

Book at www.phytofarm.co.nz - retreats or www.kimiora.com, payment can be made to 06 0801 0459444 00



*The holiday and
wellness experience*



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