



Holistic Detox Workshop

DIFFERENT APPROACHES TO DETOXING YOUR LIFESTYLE

This is an interactive workshop that combines exercises, self care tools, and sensorial elements. In this workshop, you will learn about some of the science and wisdom traditions related to the benefits of the cleansing process.

You will also be introduced to a selection of different cleansing techniques not only in nutrition but in other relevant areas of your life.

Included will be tips and tricks, energy cleansing exercises and tapping, emotional detox techniques, breathwork among many elements. We will conclude the workshop by creating a detox drink together using local Aruban herbs and superfoods.

SELF-CARE TOOLS



HANDS ON and INTERACTIVE



ENGAGING EXERCISES



SATURDAY, JULY 8th at 09:00 am
Book now on Website