

Grace Grove Retreat Center

Intestinal Cleansing & Rejuvenation Retreat Details

June 24th-July 3rd, 2010 or September 8th-17th, 2010

Why Cleanse the Intestines?

Intestinal cleansing programs are designed to soften and remove the hardened layers of mucoid plaque that have built up in the intestines over time. Ingesting processed foods, meat, dairy, poorly combined foods, cooked oils, fillers, un-chewed foods and other foreign substances takes its toll by leaving behind undigested waste that putrefies in the intestines. An acidic environment is created where parasites thrive and toxic levels escalate. Intestinal cleansing is essential to overall health re-establishing alkalinity, proper digestion and improved assimilation of nutrients. The 100% all natural Ejuva Body Cleansing program uses over 90 organic/Wild Crafted alive herbs and plants to help you regain your vibrant health. Addressing the need to cleanse blood, organs, tissue, lymph and intestines, specific herbs are used to bulk and nourish the intestines, while other herbs address detoxifying tissues and lymph blockages. Throughout the fasting portion of the cleanse, fresh organic juices, cleansing elixirs, teas and broths are consumed to support the body's natural processes for removing toxins efficiently.

Here is What is INCLUDED in your Intestinal Cleansing Retreat Package:

- **10 days & 9 nights at Grace Grove Retreat Center**
- Complete Ejuva Intestinal Cleansing Herbs & Supplements Kit
- All transitional meals, fresh organic juices, cleansing teas & elixirs
- Daily Cleansing & Healthy Lifestyle Lectures & Support
- Daily Yoga/Stretching & Meditation Classes
- Light Body Clearing & Activation Breathwork Ceremony
- Vibrational Sound Healing Ceremony
- 1 Complementary Colonic
- 1 Emotional Clearing & Energy Balancing Session
- 2 Amethyst Bio Mat Healing Sessions
- 1 Hour in the Far Infrared Therapeutic Sauna
- 1 Quantum Wave Laser Unwinding Treatment
- 1 Ionic Foot Spa Treatment
- Unlimited Nature Walks and Plunges in the Creek

Liver & Gall Bladder Detoxification Retreat Details

July 4th - 10th, 2010 or September 18th-24th, 2010

Why Cleanse the Liver & Gall Bladder?

This is a powerful detoxifying process that releases gallstones and other debris from the liver and gall bladder helping to restore proper functioning of these organs. If you have experienced years of taking in meat, dairy, heated oils, packaged and cooked foods, alcohol & processed sugars then you have gallstones and a compromised liver. This cleansing process flushes out the hardened layers of undigested cholesterol, minerals and salts that form gallstones and releases built-up bile from the liver. This raw food nutritional cleanse consists of fresh juices, teas, tonics, nutritional smoothies and blended soups. As a result of this cleansing process, these organs re-establish their role in effectively predigesting food and balancing blood sugar which substantially improves overall digestion and enhances one's sense of well being and health.

Here is what is INCLUDED in Your Liver & Gall Bladder Detoxification Retreat Package:

- **7 days & 6 nights at Grace Grove Retreat Center**
- Complete Gall Bladder & Liver Cleansing Kit
- All meals, fresh organic juices, live blended soups & nutritional smoothies
- Daily Cleansing & Healthy Lifestyle Lectures & Support
- Daily Yoga/Stretching & Meditation Classes
- Light Body Clearing & Activation Breathwork Ceremony
- Vibrational Sound Healing Ceremony
- 1 Complementary Colonic
- 1 Emotional Clearing & Energy Balancing Session
- 2 Amethyst Bio Mat Healing Sessions
- 1 Hour in the Far Infrared Therapeutic Sauna
- 1 Quantum Wave Laser Unwinding Treatment
- 1 Ionic Foot Spa Treatment
- Unlimited nature walks and plunges in the creek

ACTIVITIES & SERVICES INCLUDED IN EACH RETREAT PACKAGE

Daily Yoga, Stretching & Breathing Exercises: Daily yoga stretching and strengthening with static postures, dynamic sets, and breathing exercises will help move toxins out of the body, giving you the perfect combination of nurturing stretching and dynamic movement to support the detoxification process. These classes will be accessible to all levels.

Daily Guided Meditation: Daily guided meditations will invite you to create deep relaxation and inner peace, directing your energies inward for optimum healing and rejuvenation.

Daily Lectures: Each day there will be informative, interactive lectures on the cleansing process, nutrition, healthy lifestyles, superfoods, supplements, food preparation, relationship healing, personal empowerment and longevity where your individual issues and concerns will be addressed.

Light Body Cleansing & Activation Ceremony: This sacred ceremony incorporates guided visualization, Holotropic Breathwork, Shamanic tools, energy healing, and light body expansion techniques to facilitate a personal Sacred Journey into the depths of your own soul and BEYOND!!! You will be cradled in a safe and loving embrace as you:

- **RELEASE** the tension, fear & frustration that is holding you back
- **OPEN** to a deeper awareness of your highest potential
- **DEEPEN** your connection to your higher self & universal energy
- **EXPAND** the capacity of your heart to give & receive love
- **ALLOW** your natural peace and serenity to return

Vibrational Sound Healing Ceremony: Release, relax and unwind to the healing melodies of crystal bowls, didgeridoo, chimes and more. As you drift off, the vibrational sounds will move deeply into every cell of your body realigning your emotional, physical and energetic bodies back into peaceful harmony

Colon Hydrotherapy: Colonics introduce water, under very low pressure, to the farthest reaches of the colon, thus removing accumulated and compacted wastes. This method greatly enhances the detoxification process. When done in conjunction with fasting and cleansing programs, one experiences total tissue cleansing.

Emotional Clearing and Energy Balancing Session: When cleansing the physical body of toxins, the emotional body is often primed to release old patterns or unhealthy thoughts that inhibit one's ability to truly thrive. Exploring these feelings and searching out their source, enables us to detach from what is not "real", reconnect with what is "real" and move on, feeling lighter and clearer both emotionally and physically.

Quantum Wave Laser Unwinding Session: This process unwinds the body into its unified state, releasing cellular memories of stress and tension from the nervous system, glands, and muscles. Experience the most stress relieving and relaxing treatment on the planet.

Far Infrared Sauna: Experience the deep warming and detoxification of far infrared saunas. Sweating is the body's safe and natural way to heal, stay healthy, and detoxify. Sweat carries toxins out of the body and pushes it through the pores. In a far infrared sauna, one sweats out 20% toxins and 80% water! In conventional saunas the average person sweats out 3% toxins and 97% water. Relax while you cleanse in the best heat therapy available.

Ionic Foot Spa: The ionic detox and cleanse foot spa uses energized water to help your body detox and feel rejuvenated. Through water ionization, your body will be stimulated to expel and remove any excess toxins in the body. You can relax and watch as the Ionic Detox and Cleanse Foot Bath makes the water change color, drawing out the toxins and leaving your body healthier, and feeling more refreshed.

Infrared Amethyst Bio Mat: Experience immediate balancing, cleansing and relaxing benefits on the Amethyst Bio Mat. This extraordinary leading-edge healing technology combines Far Infrared Rays, Negative Ion Therapy and Amethyst Crystalline Matrix. Far Infrared rays detoxify the body and destroy cancer cells and viral cells without harming surrounding healthy cells. Negative Ions deliver a molecular level massage which accelerates the healing and cleansing processes. The Amethyst Bio Mat is a powerful transformer assisting in psycho-spiritual-emotional clearing and upliftment.

Organic Coffee Colemas: Colemas are self-administered colon irrigation with a colema board, bucket, tubing and warm coffee. Coffee is used to stimulate peristalsis to loosen debris in the small intestine and release toxic bile from the liver and gall bladder.

Optional Services & Protocols: To meet your specific health needs and to enhance your cleansing experience, there are additional services such as massage, nutritional consultations as well as tailored packages of products to address Candida, parasites, immune system conditions and more.

ABOUT OUR RETREAT ALL-STAR FACILITATORS



Puma St. Angel & Morgan Langan: These angels are the devoted Visionary Stewards and owners of Grace Grove.

“Our vision is that this setting will help to inspire the communities of the future, and that your Grace Grove experience will live with you long after you drive out of our gate.” (adapt this to be more specific to individuals healing/empowering themselves—healing the planet...)

Shauna “Puma” St. Angel

With over 10 years experience working as a certified Colon Hydro therapist with a Naturopathic Doctor in Tucson, Tree of Life Rejuvenation Center and Eden Hot Springs, Puma has guided thousands of people through physical and emotional detoxing and cleansing. Her work as a Colon Hydro Therapist has given her a unique understanding and deep insight into the processes and benefits of the cleansing and fasting process. She will provide thorough education on the digestive system and how to incorporate regular cleansing & detoxing into your lifestyle. Through her extensive whole food education and years of preparing healthy cuisine, she will share how to EASILY prepare and incorporate healthier foods into your diet. Puma will be offering lectures, vibrational sound healing and raw food prep classes.

Morgan Langan

Combining over 33 years of entrepreneurial teaching with a decade of spiritual practices, Morgan is uniquely qualified in guiding business leaders to become more conscious and assisting spiritual leaders to become more business minded. Through working with Morgan you will discover your life purpose and how to incorporate it into living a passionate lifestyle. Morgan is also a certified yoga & meditation instructor and passionate about healthy body physiology and techniques that keep the body strong, lean and flexible. Through his personal injury rehabilitation, Morgan has designed a unique Earth Yoga program using various modalities and tools to create a balanced and easy maintenance program creating a much deeper connection to the earth. He will be offering inspirational lectures and daily yoga.



Anahata

Anahata artfully integrates the fields of self-empowerment, vibrant health, Shamanic teachings, emotional release, spiritual studies, meditation techniques, yogic wisdom and energy healing. Her core body of work is devoted to assisting people with their personal transformation through the integration of optimal physical, emotional and spiritual health.

For 10 years Anahata has facilitated international retreats advocating the healing properties of living vegetarian foods, transformational healing, sacred ceremony and cleansing and detoxification. Anahata will be offering emotional healing services, personal empowerment workshops, transition coaching, co-facilitating the Breathwork ceremony, sharing yogic cleansing techniques and offering private sessions.



Yachay Azzaraya

Yachay is an authority on quantum energy regeneration technologies that work in harmony with the body's natural healing wisdom. He will be sharing this technology in private healing sessions. Yachay is also an expert in superfood nutrition. He combines over ten years of training in ecotoxicology (study of environmental toxins) with extensive knowledge in

healing with Superfoods and ancient herbs. He has spent the past five years intensively training in holistic detoxification and organ cleansing. He will be sharing this wisdom through a superfood nutrition lecture. Yachay is a passionate teacher of dynamic yoga, pranayama (breathwork), and meditation and will be sharing the profound life transforming techniques of pranayama.



Josh Ferber L.Ac., Dipl.Ac NCCAOM

Josh is an Oriental Medical Practitioner, QRA Quantum Reflex Analysis Referral Practitioner, Organic Gardener and Farmer, Meditation and Medical Qi Gong Facilitator. Josh Brings a passion for exploring and creating balance in living systems. Oriental Medicine provides an extraordinary framework for working with the whole person. In his private health consultations, Josh utilizes the Quantum Reflex Analysis (QRA), developed by Dr. Robert Marshall PhD of Premier Research Laboratories, which is a cutting edge kinesiology testing system. It allows a practitioner to craft a program which optimizes performance, health and longevity. Combining Josh's extensive studies in Quantum Reflex Analysis (QRA), Medical Qi Gong and meditation he creates personalized health programs that offer deep and sustained healing. Josh will be offering private whole being analysis health consultations.



Celeste a'Leah

Celeste a'Leah has enjoyed hands-on-healing as a labor of love since 1994 through massage therapy & body re-alignment. Her sessions are intuitively customized and employ a vast range of modalities from the deeply-engaging soft-tissue techniques of Structural Integration and Neuromuscular Therapy to the energetic, psychic, and emotional unwinding approaches of Visceral/Abdominal Massage and Soul Retrieval. Relief, Clarity, Inspiration, Freedom and Balance are the most commonly reported treasures that people receive from bodywork sessions with Celeste.

THE LAND & ACCOMMODATIONS AT GRACE GROVE

The Beautiful Land

Only 15 minutes from the mesmerizing beauty of Sedona, Arizona, the Grace Grove Retreat Center is a truly unique 25 acre sanctuary. Surrounded by Oak Creek, swimming holes, walking trails, river views, spectacular sunsets, organic orchards, vineyards and gardens, Grace Grove is the perfect healing sanctuary for cleansing and detoxification.

The main Santa Fe style lodge is designed to blend with the natural beauty of this desert oasis. The bedrooms furnished with organic bedding assure a cozy night's sleep for single, double or triple occupancy. There is a large upstairs deck ideal for viewing sunrises, sunsets or enjoying yoga, meditation and breathtaking mountain views. The porch, deck, shady grove, hammocks and creek-side trails provide numerous options for rest, relaxation and reflections. Oak Creek surrounds the property providing the opportunity for a refreshing plunge in the swimming hole, a quick dip of the toes or just a listen to the soothing sounds.

The proximity to Sedona provides convenient access to a wide and unique range of supplemental activities including: red rock hiking, horseback riding, vortex tours, hot-air ballooning and more.

The Rooms

Limited accommodations-book NOW to confirm your space

Grace Grove prides itself on providing cozy rooms with comfortable organic beds and organic cotton bedding. Decorated with beautiful natural woods, each bedroom sleeps 2 in either 2 single beds or one double. There are four easily accessible restrooms with showers.

- Shared Room ~ double occupancy with 2 single beds or one couples bed
- Private Room ~ upgrades to a private room are possible based on availability for an additional fee during the Retreat. Private Room upgrade for the Intestinal Retreat is \$600 and for the Liver/Gall Bladder retreat is \$400.

Place your request at time of registration and we will do our best to accommodate upgrade requests in the order they are received.

Payment & Registration Process:

Check Payments: Mail your check payable to Grace Grove, P.O. Box 4195, Sedona, Arizona, 86340

Credit Card Payments: Phone your reservation and credit card information in to Grace Grove at 928.649.0456. A 3% credit card processing fee will be added to each registration.

Please include with your registration: full name, address, email, phone number, gender & accommodations preference of each registered guest and which retreat with your payment.

Children: This cleansing and fasting program is appropriate for **adults only**. Take a needed rest from parenting and enjoy the rejuvenation and healing you deserve.

Not included in your retreat package:

- Roundtrip airfare or shuttle to & from Grace Grove
- Additional optional services during or after the retreat
- Additional optional excursions during or after the retreat
- Additional cleansing supplements for your personal condition

Cancellation & Refund Policy: Due to the prepayments required for accommodations, materials, staff and cleansing supplements on behalf of each participant, there are no refunds or credits offered for partial attendance or no shows. This is a firm policy. Deposits and payments made are non-refundable.

Warning: This experience is for those who take responsibility for themselves. Ultimately you are responsible for yourself and your health and well being. This is an opportunity to expand your understanding of your own body and take control of your own optimal health.

Notice Regarding Substances: This is a cleansing and detoxification retreat and therefore is an alcohol and drug-free environment. You will be experiencing tremendously joyful all-natural HIGHS just being in nature, cleansing your body, embracing inspirational content, experiencing yoga & meditation, expanding your spirit and laughing hysterically with others. For the health and safety of all guests, we do not allow the use of these substances during the retreat.

Transportation to Grace Grove:

Grace Grove is located 13 miles from West Sedona, 7 miles from Cottonwood. The Center is about 125 miles north of Phoenix, a 2-hour drive, and 35 miles southwest of Flagstaff.

Flights: We recommend you fly into Phoenix airport and arrange for an airport shuttle. Fewer flight options are available through Flagstaff. You may rent a car from either airport.

Airport Shuttles: Call for details and departure times. Phone 2-3 weeks prior to guarantee your reservation.

Ace Express at 800.336.2239 provides service closest to Grace Grove.
Sedona Phoenix Shuttle at 928.282.2066 provides service to Cottonwood.

Grace Grove will provide a shuttle service to the facility from Cottonwood for additional fee.

Driving Directions: are available from Google Maps online

Questions? If you have any other questions contact Grace Grove at Puma@GraceGrove.com or 928.649.0456

Specific Testimonials

“It’s been so nutritious on all levels. It’s beautiful here. The accommodations were earthy and loving. The value four times, five times more than what you pay for!” – Sequoia

“I found Grace Grove to be an extremely great, relaxing place. The hospitality and surroundings were wonderful.”

