

THE
TAO SPIRIT
PRESENT



10 DAYS
FOR A
SPIRITUAL
DETOX

DONT
BELIEVE
EVERYTHING
YOU THINK.

THERAPEUTIC MESSAGES
THERAPEUTIC YOGA COURSES
THERAPEUTIC RAW CULINARY CLASSES
MOOREA - FRENCH POLYNESIA

13 January 2024

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10 DAYS SPIRITUAL DETOX



TO EAT GOOD FOOD AND ADOPT A DAILY ROUTINE
ADAPTED TO YOUR NEEDS USING SIMPLE DAILY EXERCISES,
WE WILL HELP YOU FIND THE PATH TO BETTER MENTAL AND PHYSICAL HEALTH!

**RETREAT LOCATED NEAR THE MOST BEAUTIFUL AND FAMOUS BEACHES OF MOOREA, FRENCH POLYNESIA.
AN AMAZING PLACE WHERE AN ABUNDANCE OF LOVE, PEACE AND HARMONY FLOWS EVERY SINGLE DAY.
WHERE NATURE IS POWERFUL AND HEALING.
WHERE YOU CAN RECONNECT WITH YOUR TRUE SELF AND YOUR TRUE POWER.**

**A LIFE CHANGING EXPERIENCE
ARE YOU READY FOR THE RESET?**

WHAT WE OFFER :

TRADITIONAL THERAPEUTIC MASSAGES
TAO- THAÏ- LOMILOMI
THERAPEUTIC YOGA POSTURES FOR AN ENERGETIC, PHYSICAL AND MENTAL BALANCE
DISCOVER
OUR VEGETABLE AND RAW COOKING WORKSHOPS
SIMPLE AND GOURMET RECIPES



THE BEST OF OUR RECIPES FOR COOKING
HEALTHILY AND EASILY.

WE OFFER A BOOK
"THE SECRETS OF DETOX JUICES"
TO HELP IMPLEMENT YOUR ACHIEVEMENTS!

**HI ! DURING THESE LAST 10 YEARS OF NUTRITIONAL STUDIES AND SPIRITUAL EXPLORATION,
I HAVE BEEN ABLE TO INTEGRATE INTO MY DAILY LIFE A MULTITUDE OF KNOWLEDGE ABOUT
DIET AND YOGIC PRACTICES TO ACHIEVE INNER WELL-BEING.**

I SHARE WITH YOU THE BEST DURING 10 DAYS

**I WANT TO INFORM YOU THAT WHATEVER YOUR AGE, WHATEVER YOUR LEVEL OF PRACTICE AND
KNOWLEDGE OF YOGA, WE ADAPT AND YOU PROGRESS !**

**OUR MEALS WILL BE 100% ORGANIC, VEGAN, GOOD FOR HEALTH
PREPARED ON A SATTVIC/YOGIC BASIS.**

A TYPICAL DAY AT OUR WELLNESS RETREAT INCLUDE A MORNING MEDITATION/PRAYER,
A YOGA PRACTICE, A HEALTHY NUTRITIOUS MEAL PLAN,
A MASSAGE OR ENERGY WORK TREATMENT.

**WE ARE CENTRED AROUND IMPROVING YOUR HEALTH AND WELLBEING
THROUGH RELAXATION, CONNECTION AND EDUCATION.**

SPIRITUAL DETOX PROGRAM

10 DAYS AND 9 NIGHTS IN A WONDERFUL VILLA BY THE LAGOON, IN THE HEART OF NATURE,
-THE HEART CHAKRA- MOOREA- FRENCH POLYNESIA-

ALL MEALS INCLUDED ARE HEALTHY AND 100% ORGANIC AND VEGAN

10 HATHA AND KUNDALINI TANTRA YOGA CLASSES

- 7 MEDITATION/PRAYER SESSIONS
- 7 VEGETABLE COOKING WORK-SHOPS*
- 7 SOUND RELAXATION BATHS
- 1 FULL MASSAGE (1H30)
- 1 KUNDALINI MASSAGE
- 1 THAI MASSAGE
- AND LOTS OF OTHER SURPRISES.

*VEGETAL COOKING WORKSHOPS:

WE TEACH YOU THE BEST OF OUR RECIPES FOR EASY AND HEALTHY COOKING.
(THIS IS HAPPINESS!!!)

TRADITIONAL HATHA YOGA:

THE ESSENTIAL THERAPEUTIC POSTURES FOR ENERGIZE, PHYSICAL AND MENTAL BALANCE.

4 DIFFERENT TYPES OF MEDITATIONS:

MINDFULNESS, ACTIVE MEDITATION, DEEP RELAXATION AND PURIFICATION OF OUR ENERGIES.

A COCOA CEREMONY FOLLOWED BY AN ECSTATIC DANCE

IDEAL FOR RELAXING, LETTING GO AND ABOVE ALL HAVING A GOOD TIME.

WE PROVIDE THE BEST FOR YOU

A COMMUNITY LIFE WITHIN A GROUP THAT SHARES THE SAME VALUES AND GOOD VIBRATIONS!
AN EXCEPTIONAL LANDSCAPE AND LOCATION IN A WONDERFUL, TRADITIONAL HOUSE IN THE
HEART OF FRENCH POLYNESIA, MOOREA. THE SISTER ISLAND OF TAHITI

WE LIVE BY YOUR SIDE DURING THESE 10 DAYS, SO WE WILL BE THERE TO ANSWER ALL YOUR
QUESTIONS ABOUT RAW VEGAN FOOD AND ADVISE YOU ON THE PRACTICES TO PUT IN PLACE IN
YOUR DAILY LIFE.



EACH DAY WILL START WITH A PRAYER FOLLOWED BY A BREATHING AND CLEANING SESSION, A
TRADITIONAL HATHA YOGA CLASS. A DELICIOUS BREAKFAST WILL BE READY FOR 9 AM.
THE REST OF THE DAY WILL BE DEDICATED TO MANY ACTIVITIES: MESSAGES, COOKING LESSONS,
HIKING, RELAXATION, SOUND HEALING, MUSIC, DANCE, KAYAK, PMT DIVING ETC!



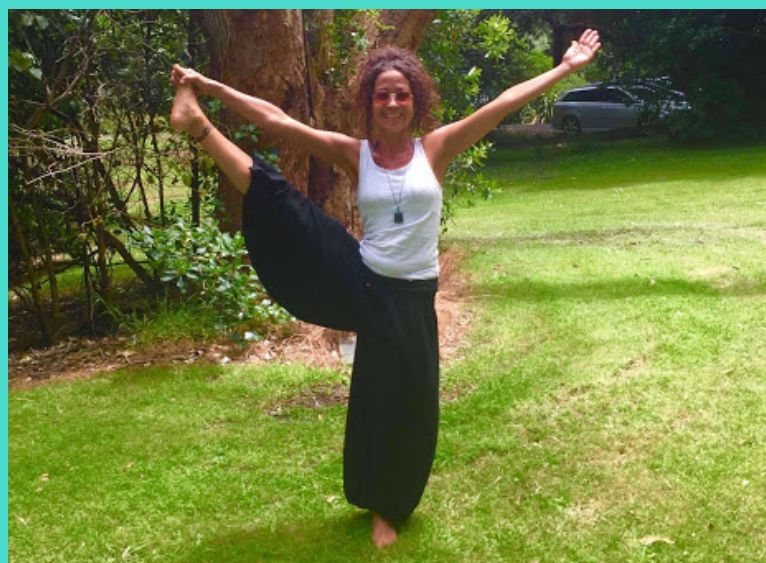
ACCOMMODATION LOCATION
MOOREA-FRENCH POLYNESIA



YOU WILL STAY IN A UNIQUE, TRADITIONAL & NATURAL ECO-HOUSE.
I WILL PROVIDE ALL THE NECESSARY COMFORT SO YOU ENJOY YOUR TIME IN
PARADISE AND MAKE SURE YOUR DREAM BECOMES A REALITY.

SINGLE ROOM ON THE BEACH
3333 EUROS

SHARED ROOM(2 PAX), LAGOON BEACH SIDE.
FROM 2333 EUROS



I AM HAPPY TO OFFER MY HELP AND GUIDANCE WITH COMPLETE HONESTY AND OPENNESS WITH
YOU.

MY TEACHINGS ARE EASY TO UNDERSTAND AND EASY TO PUT INTO PRACTICE
RECONNECT WITH YOUR TRUE NATURE AND FIND PEACE IN YOUR HEART.

HEAL YOUR MIND, BODY, HEART AND SOUL
START BECOMING YOUR GREATEST VERSION OF YOURSELF.

ARE YOU READY TO LIVE FROM YOUR HEART ?

ARE YOU READY TO LIVE YOUR SOUL'S PURPOSE ?

I'LL GIVE YOU THE KEY TO HEAL AND LOVE YOURSELF UNCONDITIONALLY.



THE TAO SPIRIT- THE LOVING TOUCH- THE ART OF LIVING VEGAN