

MIDSUMMER FASTING RETREAT

Fasting the Buchinger Way

THE BRILLIANCE OF DETOX

3rd June - 10th June 2023

We are very pleased to announce we are holding a 7 day retreat led by ELKE FLEPS, a medically qualified fasting retreat leader. Elke says that fasting is the 'Royal Road' to outer and inner beauty and health, so this is a wonderful experience to bring you to a healthier happier you, full of joy and vitality. The week includes 1 Preventing Day, 5 Fasting Days, the celebration of your Break-Fast & 1 Build-Up Day.

ROSE COTTAGE

in Norfolk, NR21 9NF

Rose Cottage is located in Sculthorpe, a village outside Fakenham in north Norfolk. The venue is a small cottage with gardens and a purpose -built Octagon for the retreat.



Contact
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for the registration & more
information.

