



GET YOUR HEALTH BACK
NATURALLY

Weekend Retreat



PLEASE PROVIDE PAYMENT INFORMATION FOR: Two days of Holistic Health Coaching during our Health Retreats program at Frenchtown Inn, Rural Retreat Center. Program fees include overnight & meals.

~~\$150.00~~ Not Rated Yet

[Ask a question about this product](#)

Description

**Practical and Educational Health Retreats for Self-Healing.
Holistic Health Coaching Retreats
Weekend GET-AWAY to Energize and Regenerate your Health.
Exclusive Retreats in the YubaFoothills, and Lake Tahoe.**



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- **OUR RETREAT GROUP PROGRAM IS OPEN FOR UP TO **10 PARTICIPANTS PER WEEKEND.****
 - **PRIVATE, FAMILY, AND BUSINESS RETREATS WITH CUSTOMIZED PROGRAMS CAN BE SCHEDULE ANYTIME UPON REQUEST. CONTACT US FOR MORE INFORMATION.**

Program includes:

- Basic Ideas on the main triad to achieve health regeneration: Health is not magic, it is a mathematical equation.
- Health Coaching Retreat with Classes to help you establish your personal health routine for self-healing.
- Yoga and Health Coaching: Learn how Yoga works to help you heal your body
- Food Therapy Cooking Class: Learn to eat and discover the main factors for long lasting health results.
- Life Coaching Talks on ideas, emotions, and other main base factors for a healthy and happy life.

Exact offers and times are:

Saturday:

- 9:00 - 10:00 - Yoga Detox Class (to clear your body)
- 10:15 - 11:15 - Wild herbs recognition walk and Health Coaching Seminar: "Introduction about how to establish your personal routine: exercises and supplements"
- 11:15 - 11:30 - Natural Juice Bar for detox and cleansing,
- 11:30 - 2:30 - Food Therapy Cooking Class Part 1 - Food to boost Good Health.
- 3:00 - 4:00 - E.N.T.E.R. Group Class
- 4:15 - 5:30 - Introduction to Emotional Courage Therapy.
- 5:30 - 6:30 - Open time to relax and Enjoy!
- 6:30 - 9:00 - Food Therapy Cooking Class Part 2 - Life Coaching Dinner

Sunday:

- 9:00 - 10:00 - Yoga Master Class | Self-healing education
- 10:15 - 11:15 - Choosing food for your health goals: Health Coaching on Food and Regeneration.
- 11:30 - 2:30 Natural Juice Bar for detox and cleansing.
Food Therapy Cooking Class Part 3 -
Food and Detox: The missing link for perfect Health: Balance.
- 3:40 - 3:30 - Emotional Courage Therapy.
- 3:30 - 5:30 - Closing Meditation

Note:

- Individual treatments might be included upon request.
- Location:



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- In the YubaFoothills, we host the retreats at "FrenchTown Inn" B&B. Address: To be Provided.
Oregon House, CA 95962 | RVS with HHS: 530-763-0079
 - In Lake Tahoe: April 19th and 20th, 2019 & September 14 & 15 2019. At Lake Tahoe Vacation Resort. Address: To be Provided
 - Event Starts: Saturday 9:00 am
Event Ends: Sunday at 5:30 pm.
 - Contact us for more information: 530-763-0079 or to Reserve.

[PLACE YOUR RESERVATION](#)

[Please Review our Refunds and Cancellation Policy](#)

ABOUT Program Fees:

- \$1750 with less than 30 days from the date of arrival.
- \$1500 with Early Reservation (Deadline for early bird reservations is 30 days before arrival date/time.)

Discount available for Groups.
(Change quantity to automatically update to a discounted price).