



# Mrs. Snook's Raw Gut Cleanse

ALICE SPRINGS, AUSTRALIA



ALICE SPRINGS



## Introduction

This is for anyone who knows that they want to make a change in their lifestyle and their diet. Maybe you know now already that it's best to get in action before Christmas and the New Year's celebration, cleanse your system before you enter the possibly stressful times of the year. It always takes an extra bit of energy and will power to make a change in our busy life. Whatever the reason for you knowing you want a shift and a reset, you know you will feel better with a few pounds less and with finding a way you can simply live a natural healthy, juicy vibrant lifestyle.

In the 4 day retreat I'll do everything for you: from juicing to preparing all the meals in a beautiful way that you feel you are giving yourself something special and not that you miss out on the good things, to encouraging you to go on when you feel down (as s..t comes up), to practicing supportive yoga / Mrs. Snook's stretches so that you feel your body again in a new and beautiful way, to celebrating your success at the end of the 4 days when you'll be ready to leave as a lighter, brighter person.



*Gut Instinct: Mrs Snook's Diet by Greta Puls*



## About the location (To Be Confirmed)

We will be in beautiful VATU SANCTUARY in Alice Springs with different options of accommodation. This is a real sanctuary- a rare jewel in the middle of the dry desert. The boutique style range of self-contained accommodation gives you different comfortable options for your week of happy cleansing.



## Retreat Inclusions

- 5 nights accommodation
- Morning and afternoon yoga classes and evening meditation
- All fresh food and juices prepared for you (chart 1 of Mrs Snook's gut cleanse)
- Creative art activities (your choice)
- Special podcast sessions (by Greta Puls) on Mrs Snook, the Book and the background
- Unlimited water & herbal teas throughout the day
- Celebration on the last night
- Follow up network support group guided by Shaktiprem

## Retreat Exclusions

- Travel to Alice Springs
- Travel insurance
- Optional tourist activities
- Other travel related expenses
- Massages and holistic treatments

Please get the book before the retreat: "Gut Instinct – Mrs. Snook's diet" by Greta Puls

## Fees & Terms (to be confirmed)

A deposit of A\$750 is due for each person upon registration. Full payment has to be made 6 weeks before arrival. Retreat prices are all inclusive AND it is for 5 nights.

From \$2,360 per person, per week.

## Bookings

To make your booking please email:

[shaktiprem@aishani.com.au](mailto:shaktiprem@aishani.com.au)

or call me on +61 0427681978



## Your Facilitator

Shaktiprem is a wellness leader who, after trying Mrs Snook's 3-month gut cleanse diet and becoming a fan (she was amazed by the increase of energy and clarity of mind she experienced after only a few days though she did have a pretty clean diet before), is now running the inaugural Snook gut cleansing nutritional detox a few times a year in Australia. Beginning of January she offers an 8 day cleanse in the beautiful Byron Bay Hinterland close to some of the most magnificent beaches the East Coast Australia's. Her approach combines daily yoga classes, sunshine, fresh air and sleep - while following chart one of Mrs Snook's gut cleanse diet.

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Shaktiprem Blaschke is a qualified Yoga instructor and teaches a holistic yoga based on Hatha Yoga, Kriya Yoga and Vedanta . During a very stressful and demanding time of her life Shaktiprem met her Yoga teacher and began to practice yoga daily – first with the aim to de-stress and be able to study longer with more energy - then to better understand the interplay between body, mind, and emotions and to live a balanced, happy life. Shaktiprem began teaching yoga in 1996 after eight years of yoga study. Since then, she has taught in Germany, Italy, and India, and in the only government-recognised yoga academy in Australia. The Yoga Tradition is an integral yoga that focuses on being aware of body, breath, mind, and thought. It is appropriate for every-body, no matter what age, body shape, or fitness level. Before teaching Yoga, Shaktiprem studied Pharmacy in Germany. Since then, she has combined her knowledge of Yoga and pharmacy with an understanding of the issues of the modern person to produce a program that relaxes, revitalises, and energises. Yoga has taught Shaktiprem how to be focused and relaxed at the same time, living in balance with body and mind. It is this balance that Shaktiprem shares with you.

