



Mrs. Snook's Raw Gut Cleanse

FREMANTLE, AUSTRALIA
2 - 10 Dec 2023

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 your new year's resolution is long forgotten and you try to better not remind yourself of that though you would love to make some lasting changes that are far more than losing a few kilos. You know by making life style changes and possibly losing some weight you are re-kindling your inner fire and zest for life – but a lack of energy, a too busy life, or not finding the necessary will power keep you just where you are. And there is a way you can simply live a naturally healthy, juicy vibrant lifestyle.

In the 8 day retreat Shaktiprem will 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 8 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

We will be in Attadale close to the Swan River, a short trip away from Rottnest Island and only 15 minutes from the beautiful beaches in the area. It will feel like a real sanctuary - a rare jewel away from the busyness of city life.



FREMANTLE, WESTERN AUSTRALIA

Typical daily program

7:00	Morning juice followed by yoga
8:00	Breakfast
8-11:00	Free time
11:00	Juice
11:30	Yoga Nidra (deep relaxation)
12:00	Lunch
12-4:00	Free time (walks, resting, journaling, massage)
4:00	Afternoon juice
6:00	Dinner
8:30	Evening meditation



ROTTNEST ISLAND



Retreat Inclusions

- Eight 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 Rottneest Island
- 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 eight nights.

From \$2,495 per person, per week.

Bookings

To make your booking please email:
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.

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.

