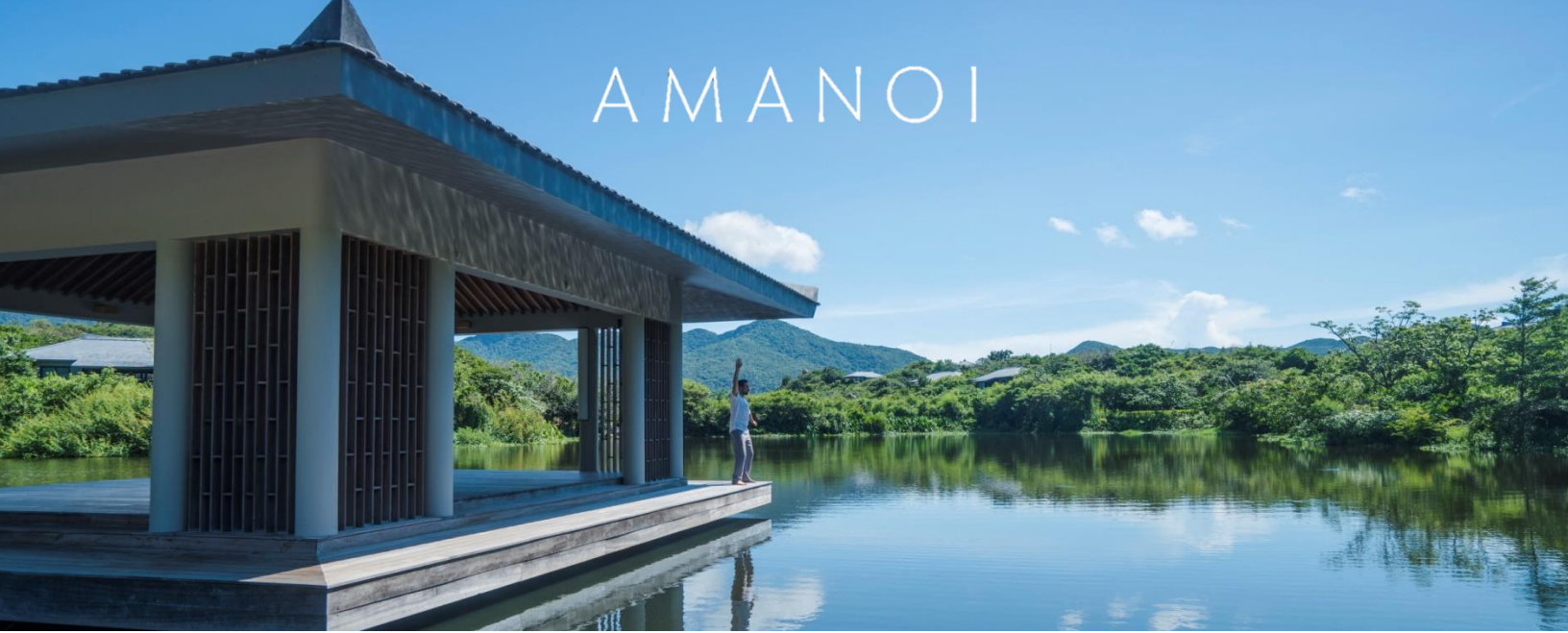


AMANOI



From 21 to 26 September 2019

HOLISTIC DETOX RETREAT

In the Holistic Detox retreat, we have compiled the most immersive program to reset your stress level, clean your body and calm your mind. A blend of healthy nutrition, detoxing and healing massage treatments, daily movement & meditation sessions and private consultations will give you an extremely effective and also highly relaxing experience. Retreat leader Sascha Wagener will assess your personal needs in an online consultation session before the retreat and one individual treatment session during the retreat. He will also teach a Qi Gong based movement course, designed to bring your body and mind into the energized and balanced state you want in your life. The ancient Chinese art of Qi Gong is probably the most effective method to realign your body and your mind and to understand and manage your energy.

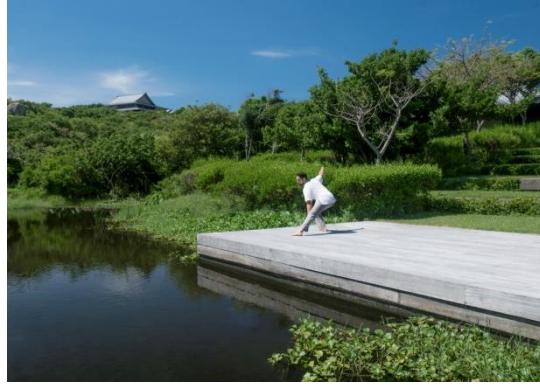
The award winning team of Amanoi's spa will support the process with soothing and detoxing massages and treatments, while the kitchen prepares a special menu of delicious health food.

After these immersive days you will feel vibrantly alive and connected with yourself. You will learn how to use the tools and techniques in your life and create a healthy and stress-free routine for yourself.

THE 6-NIGHT-5-DAY RETREAT INCLUDES:

- Full board (breakfast, lunch, dinner, mini bar and non-alcoholic beverages as prescribed for the program)
- Return airport transfer
- Daily detox juice
- Qi-Gong group class every day 2 Hours
- Three times 90-minute signature spa treatment
- A pre-arrival Skype session with Sascha Wagener
- A private consultation with Sascha Wagener
- Two times Meridian therapy session or Chi Nei Tsang session
- Two group dinners
- Optional daily morning wellness group class
- Complimentary use of hydrotherapy suite and gym

This offer is valid for new bookings, subject to availability, and is not combinable with any other offer unless specified. Aman reserves the right to withdraw this offer at any time with 48 hours' notice. Cancellations and payments as per Aman standard terms.



THE TREATMENTS:

Precedent consultation: A private Skype consultation prior to the retreat with Sascha Wagener will make sure that we can individually work on your pain points and make this retreat an unforgettable experience.

Qi Gong program: 2 hours of this top-class mindfulness program each day will leave you in a wonderfully light and energetic state after the retreat days. But with its gentle and catching learning experience it is much more than that. You will take home easy and powerful tools you can use to balance your physical and mental state on a daily basis. The Qi Gong will also boost your body awareness to an unthinkable level and open up long held blockages in your body and energetic system.

Chi Nei Tsang or Meridian Therapy treatment: This treatment session will work in conjunction with the movement sessions and massages to deepen the awakening process of your body and the deep relaxation and reset of your mind.

Private session: One private session with retreat leader Sascha will make sure that you get exactly the movement program and stress relieve techniques for your individual needs and that the program has a lasting effect.

Spa treatments: To perfectly support the detoxification and realignment process you can indulge yourself with 3 of Amano's favoured massages during the retreat days.

Evening meditation: 3 evening meditation sessions will bring your day to a perfectly calm and mindful end. Paired up with the rest of the retreat's process you will have wonderfully restful nights.

Food: Our special retreat menu will treat you with a selection of healthy and delicious creations that perfectly support the experience and outcome of the retreat.

ABOUT THE SPECIALISTS:

Sascha Wagener

Sascha Wagener led a very special life in the last 20 years. Training martial arts from his childhood on, he started to travel to Asia to deepen his knowledge. He trained in monasteries and temples and learned from different traditions. His traveling research found its peak when he started on a 2 year exploration project around the globe searching for lost wisdom and traditional techniques. This exploration offered a unique opportunity to compare and distill the essence of human healing & movement practice around the globe. From this source he now creates training programs and concepts for private and business applications and retreat and adventure experiences. Sascha is one of the founding members and chief-instructors of the international Missing Link martial arts community, and co-founded the Secret Elements Qi Gong system that is used around the globe by now. He loves to work with the 5 Chinese Elements as the foundation for his therapies and programs. They present a perfect holistic analysis tool to bring back bodies, minds or even companies into balance.

RESERVATION

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