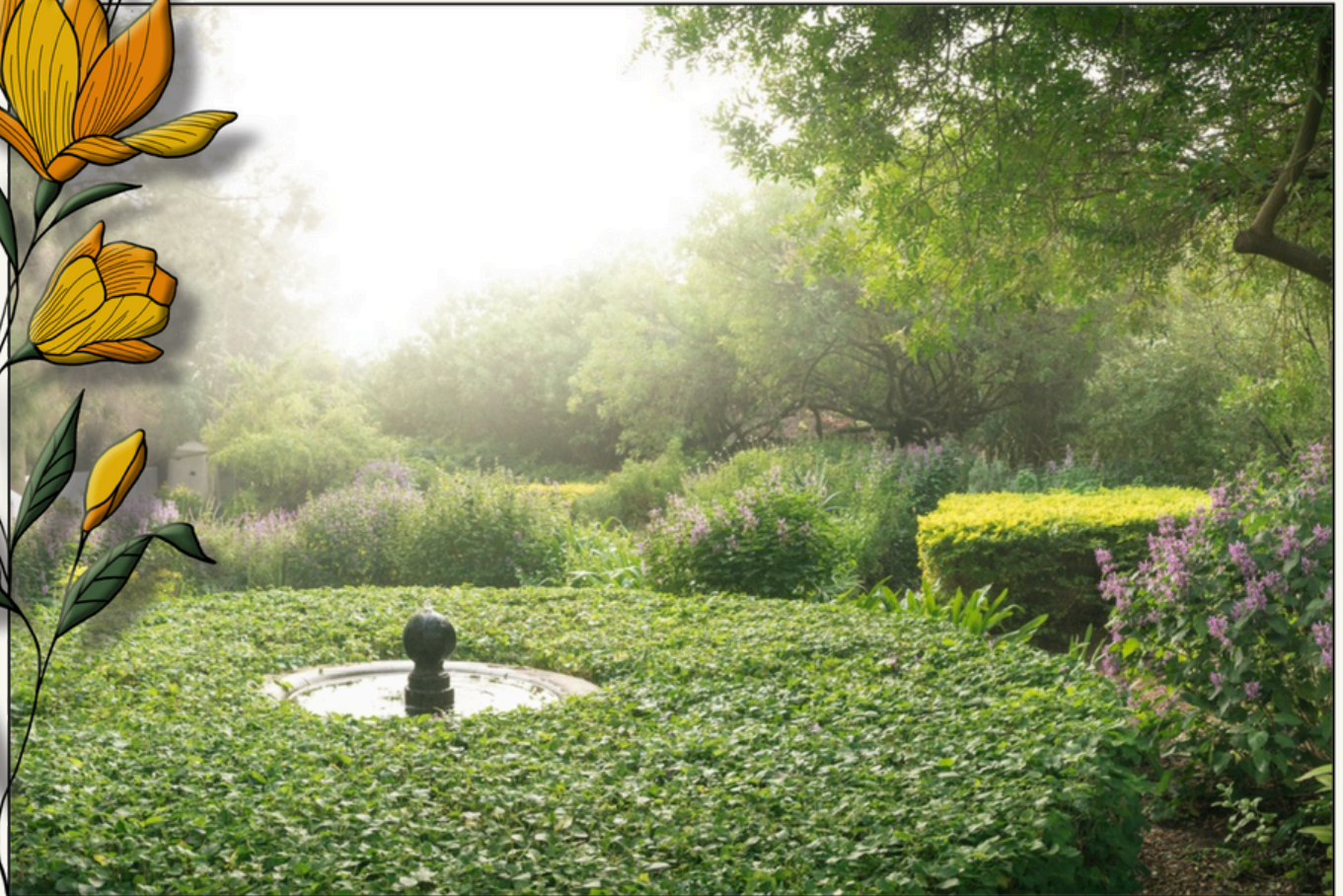


6-DAY RETREAT

Fasting, Rejuvenation and Holistic Healing



6-DAY RESET AT THE TEMENOS RETREAT CENTRE, MCGREGOR

UNWIND
REJUVENATE
ENERGIZE

SUNDAY, 16 FEBRUARY
-
SATURDAY, 22 FEBRUARY
2025

YOUR MIND, BODY, SOUL
JOURNEY STARTS HERE

WHERE WE COMBINE HOLISTIC HEALING PRACTICES WITH
THE SCIENCE BASED 5-DAY FASTING MIMICKING DIET

Welcome to the Cellular Detox and Reset Retreat!

Hosted by Chantal Du Chenne—an experienced functional medicine consultant, passionate gut health advocate, and plant-based competitive athlete—

this 6-day holistic retreat is your gateway to vibrant health, energy, and lasting vitality.

Designed to help you reset and reclaim your energy, the retreat addresses the common effects of modern living, such as gut issues, brain fog, and low energy.

Through the transformative Fasting Mimicking Diet, inspired by Professor Valter Longo's groundbreaking work, participants can expect to:

Reduce 3–5 kgs of weight

Stimulate autophagy

(clearing dead and damaged cells)

Promote stem cell renewal

for a revitalised, rejuvenated self.

While fasting, you'll be pampered and spoiled with world-class treatments and services, allowing you to experience deep rest and relaxation.

Every service provider shares Chantal's passion for excellence and holistic healing, creating a serene and supportive environment.

Join us on this transformative journey and lay the foundation for your most vibrant self in 2025!

Reconnect with yourself & nature,
while nurturing your health and well-being

Transform your Body, Mind and Spirit
with our unique
6-Day Cellular Detoxification Retreat

Join us for a transformative journey
combining fasting, holistic therapies,
mindful practices, pampering and relaxation
in the serene surroundings
of Temenos Retreat Centre, McGregor.

Cost:

R 13 666,00

Single supplement

6: balancing of material & physical with emotional and spiritual

R 11 666,00

Shared accommodation

6: balancing of material & physical with emotional and spiritual

The Ultimate Wellness Retreat including the 5-day Fasting Mimicking Diet

FASTING MIMICKING DIET (FMD)

What is the Fasting Mimicking Diet (FMD)?

The FMD is a breakthrough nutrition plan that mimics fasting while allowing you to eat carefully designed meals.

Over 5 days, your body enters a state of cellular repair, reducing inflammation and supporting longevity.

Key Benefits:

- Autophagy
- Stem cell activation
- Cellular renewal
- Weight loss (3-5kg)
- Blood sugar stabilization
- Brain and gut reset
- Reset taste receptors
- Reduce inflammation and boost energy
- Enhance overall energy and vitality

Health and Wellness Therapies facilitating your Detoxification and Rejuvenation

HOLISTIC WELLNESS PRACTICES

- Yoga and guided meditation,
- Informative sessions, journaling and self-reflection
- Balance body, mind & spirit

PERSONLIZED CARE

- Massage, acupuncture, bodywork & energy healing
- Expert practitioners to support your health
- Relaxation and deep rest

CREATIVE EXPLORATION

- Art workshops and playful activities
- Moments of mindfulness and joy
- Re-ignite your creativity

PLANT-BASED

HIGH MICRO-NUTRIENT RE-FEED

- Cooking demonstrations to inspire
- Re-feed focused on the now activated stem cells
- Celebrate the breaking of the fast with a feast of nutritious high micro-nutrient plant-based flavors

6-Day Retreat Outline

10-15 Feb: 1 x 45 minute One-on-One consultation via Zoom/MS Teams

Sunday 16 Feb: Self monitored water fast & 2pm arrival at Temenos Retreat Centre, McGregor

Monday 17 Feb: Day 1 FMD & Detoxification and rejuvenation therapies

Tuesday 18 Feb: Day 2 FMD & Detoxification and rejuvenation therapies

Wednesday 19 Feb: Day 3 FMD & Detoxification and rejuvenation therapies

Thursday 20 Feb: Day 4 FMD & Detoxification and rejuvenation therapies

Friday 21 Feb: Day 5 FMD & Detoxification and rejuvenation therapies

Saturday 22 Feb: High nutrient re-feed & 1pm check -out from Temenos

What to bring:

- Comfortable clothing
- Slip on shoes
- Warm socks
- Walking shoes
- Yoga attire
- Yoga mat
- Sun hat and sun cream
- Mosquito repellent
- 1 litre glass water bottle
- Swimming cap and towel
- A non-fiction book (optional)
- Bird book and binoculars (optional)

YOUR STRESSED, EXHAUSTED OR ANXIOUS SELF,
AND AN OPEN HEART & MIND...

Work on yourself
little by little,
until your true self is revealed



Book now to secure your place

Chantal@healthtrac.global

or

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