6-DAY RETREAT

Fasting, Rejuvenation and Holistic Healing



6-DAY RESET AT THE TEMENOS RETREAT CENTRE, MCGREGOR

UNWIND REJUVENATE ENERGIZE Saturday, 22 February 2025 Sunday, 16 February YOUR MIND, BODY, SOUL JOURNEY STARTS HERE 2025	REJUVENATE
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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

Daily schedule may include:

- Relaxed wake up for 7am start
- Nature & Garden walks
- Restorative yoga
- Grounding
- Guided meditation
- Sacred spaces
- Breathwork
- Journaling
- Creative art
- Massage
- Bodywork
- Energy healing
- Acupuncture
- Educational Talks
- Labyrinth experience
- Plant-based cooking demonstrations
- Non-invasive baseline health screening
- Swimming
- Birding (personal preference)
- Prayer Chapel(personal preference)

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

How to Reserve Your Place

1. Email <u>Chantal@healthtrac.global</u> or WhatsApp +27 82 997 4700 to begin the booking process.

2. Review the costs for single accommodation, or a two-bed shared option. Indicate your preference for a bath or shower (subject to availability).

3. You will receive an invoice—proof of payment (POP) is required to confirm your reservation.

4. Once confirmed, you'll receive date and time options for a 45-minute Functional Health consultation with Chantal, along with health and wellness questionnaires.

5. Select your consultation date and complete the provided questionnaires prior to your session.

6. During your 45-min on-line consultation during the week 10-14 February, you'll also receive personalised guidance on the self-guided water fast, beginning when you wake up on Sunday, 16 February.

About the venue:

TEMENOS, MCGREGOR

Temenos Retreat Centre, nestled in the charming village of McGregor, has a rich history of nurturing spiritual growth and healing.

Established over three decades ago, it was created as a sanctuary for contemplation, wellness, and connection. Its timeless gardens, sacred spaces, and warm hospitality make it a cherished haven for those seeking renewal and transformation.

ACCOMODATION

Private Cottages R13 666,00

- Features: Secluded and peaceful, these cottages are nestled in the lush gardens, offering privacy and a tranquil atmosphere.
- Amenities: En-suite bathrooms, fireplaces, patios, and comfortable furnishings.
- Perfect for: Guests seeking solitude and a personal retreat space.

Shared Units R11 666,00

- Features: Cozy and inviting rooms in a two person shared space
- Amenities: Shared living areas, beautiful garden views, and homely comforts.
- Perfect for: Those attending with friends or looking to meet like-minded individuals.

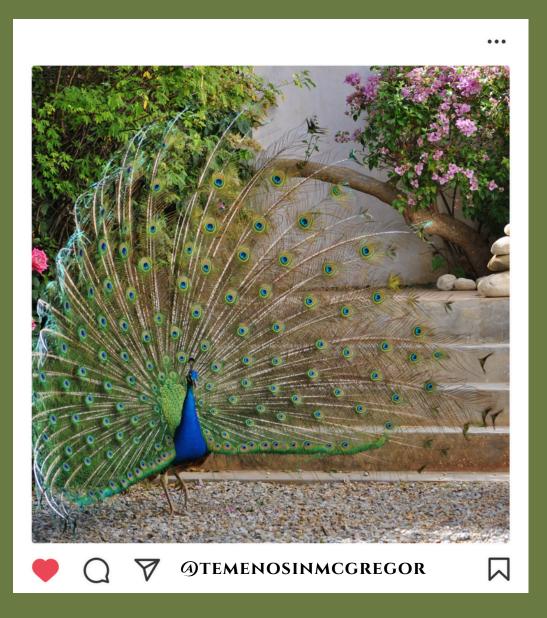
CONNECT WITH NATURE AND REDISCOVER YOUR ESSENCE

What to bring:

- Comfortable clothing
- Slip on shoes
- Warm socks
- Walking shoes
- Yoga attire
- Yoga mat
- Sun hat and sun cream
- Mosquito repellant
- 1 litre glass water bottle
- Swimming cosi 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

<u>Chantal@healthtrac.global</u>

or WhatsApp +27 82 997 4700