

Serra de Monchique Retreat

Friday 16th June to Thursday 22nd June 2023



Balance and Harmony – Navigating Environmental Toxins

A holistic learning experience with 'Takeaway Elements' you can adopt and immediately apply to your life and those of your loved ones.

Your Active Naturopathic Retreat takes place in a beautifully restored 19th century villa located in the outskirts of the picturesque Algarvian town of Monchique in Portugal.

You will spend 7 days and 6 nights in a perfect location for daily yoga sessions in the morning and deeply relaxing sound baths and yin yoga journeys in alternate evenings.

Surrounded by nature you will safely explore how to navigate environmental toxins and be empowered by the simplicity of the solutions and the ease of adapting them to your lifestyle.



[Learn more at PhiNutriomics](#)

The Retreat is in English, but I speak French

Why focus on Environmental Toxins?

Do you ever feel unduly fatigued or foggy brained?

Do you experience gastrointestinal symptoms, skin problems or frequent colds?

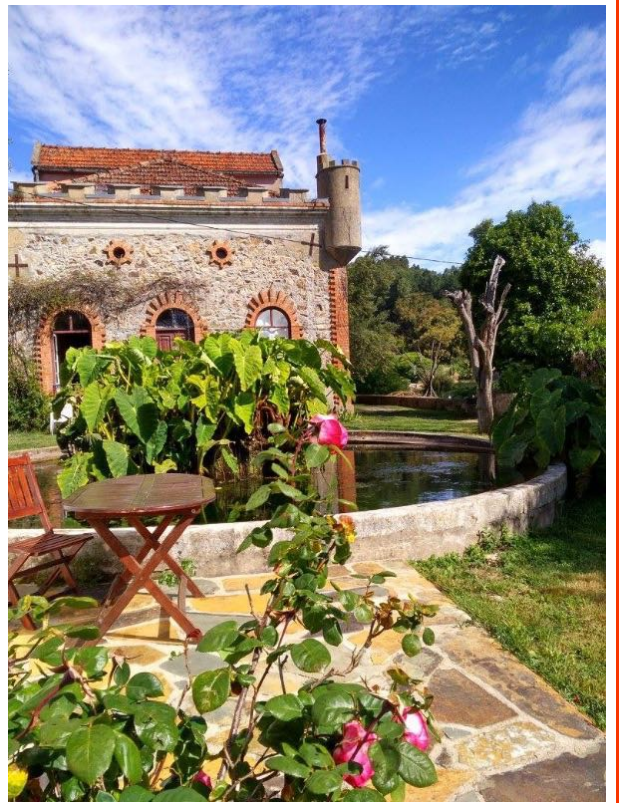
Are you struggling to manage chronic illnesses like diabetes or to maintain a comfortable weight?

Well, a real cause of all the above can be traced to environmental toxins.

Living in the 21st century means living with over 80 000 synthesised artificial chemicals which our bodies have not evolved to cope with!

We shall explore natural ways to avoid or mitigate the negative effects of toxins and to support our bodies' elimination process with talks, walks and workshops.





Meet the Team



Annemarie

Nutritional Therapist BSc (1st)
Human Rights Observer/Eco-friendly
Interior Designer - Home Stager



Frank

Sound Healer/Reiki Master



Poppy

Medical Herbalist BSc (1st)
Member of MCPP, AFMCP



Belle

Nutritional Therapist BSc
(Specialty: Longevity) mBANT,
rCNHC, mANP/Lecturer



Gitta

Yoga and Meditation Teacher



Layo

Naturopathic Nutritional Therapist
DipCNM (Speciality Nutrigenomics)
mBANT, rCNHC,
mANP/Naturopath/Lecturer MA