

Sagewater Spa Creativity Cleanse Retreat September 30 – October 2, 2011



Create Space in your body and mind.

Weekend Mini-Retreat! The Creativity Cleanse Retreat is a 2-day supervised cleansing program incorporating yoga, organic blended foods, juices, herbs and minerals, meditation and energetic clearing exercises designed to detoxify and rejuvenate mind, body and spirit.

Sagewater Spa is the perfect setting for this individualized gentle cleansing program. Located in Desert Hot Springs, California just minutes from Palm Springs, Sagewater Spa is known for its natural hot mineral water and #1 rating on TripAdvisor.

Daily individual and group activities include:

- Morning Ai Chi (water yoga), lymphatic stretch and breath work with Ann Moreau
- Nutritional program: juices, soups, blended foods, snacks and counseling with Talya Meldy, CT
- Meditation and energetic healing classes to assist in emotional-spiritual cleansing with Melinda Hess
- Nightly guest speakers on various topics related to mind, body, spirit, wellness and the cleansing process
- Bodywork / holistic facials with expert therapists (*optional*)
- Soaking in the finest warm mineral water pool
- Closing celebration and sound healing in Joshua Tree

Facilitators

Joanne Carl

Sound Healer

The Integratron Sound Healing in Joshua Tree with Joanne Carl will take place at the end of the retreat to help each participant fully integrate the evolutionary work they have achieved during the retreat. A raw meal and celebration under the magnificent stars in Joshua Tree will follow the Sound Bath.

www.integratron.com

Melinda Hess

Life Coach and Intuitive Counselor

Offers daily meditation instruction, energetic clearing exercises and emotional release work designed to enhance / magnify the effects of the physical cleanse progress and to address goal-setting in all areas of life: personal, career, spiritual and overall mind-body wellness.

www.melindahesspsychic.com

Talya Meldy

Colon Hydrotherapist

Talya Meldy, CT completed her training at the Internal Environment Institute for colon hydrotherapy in Los Angeles, California, where she received her National Board Certification.

Talya interned with the "Mother of Modern Day Colon Hydrotherapy", Ms. Connie Allred.

An active and knowledgeable member of the International Association for Colon Hydrotherapy (I-ACT), Talya is also a certified instructor of colon hydrotherapists throughout the United States. Talya works closely with top physicians, chiropractors, acupuncturists, nutritionists, yoga studios, and massage therapists in the Los Angeles area.

www.clearwayhealth.com

Ann Moureau

Yoga and Ai Chi Instructor

Yoga instruction utilizing the wonderful mineral waters to help the participants stay fully connected and in tune with mind, body and spirit.

www.oneflow.weebly.com

Donna Reese

Kabbalistic Healer

Donna uses ancient healing techniques based on the Tree of Life to enhance mental, physical and emotional healing.

www.omradiant.com

Rhoni Epstein

Partner, Sagewater Spa

Rhoni is an Assistant Professor at Art Center College of Design and currently lectures at Otis Parsons, Brooks Institute and Academy of Art University. Rhoni is an expert in focusing creative people in recognizing their special gifts and differentiating themselves in the market.

www.phototherapists.com

Cristina Pestana

Partner, Sagewater Spa

Raised in Sao Paulo, Brazil the largest city in South America, Cristina has worked with and assisted many of the most important healers in Brazil. Formerly, a partner and instructor at The Touch Therapy Institute.

www.sagewaterspa.com

Benefits of the Gentle Cleanse

(may include, but are not limited to)

- Weight loss
- Reduced water retention
- Increased energy and stamina
- Improved digestion
- Removal of toxins
- Improved skin tone
- Strengthened immune system
- Deeper sleep
- Greater inner peace
- Greater health, wellness, longevity

Package Pricing Includes:

- Two-night Single / Double Occupancy at Sagewater Spa with all amenities
- 24-hour access to mineral water pools
- All cleanse programs, foods, teas, supplements
- One private session with Talya Meldy to discuss physical cleanse needs and goals
- One private session with Melinda to discuss emotional / spiritual cleanse needs / goals
- Sound Healing and Graduation Meal at The Integratron in Joshua Tree

2-Day Retreat Basic Cost:

- \$950 per person in a shared queen room
- \$1,050 per person in a double room a double room with two full beds
- \$1,150 for one person in a single-occupancy room
- Any additional sessions including facials, massages, and healing work are available by appointment
- Pre and post cleanse rooms available
- 50% non-refundable deposit required upon reservation confirmation

Contact Information

Cristina Pestana
Sagewater Spa
12689 Eliseo Road
Desert Hot Springs, CA 92240

760-220-1554

www.sagewaterspa.com

(Retreat packages do not include transportation to Sagewater Spa)

