

ANTARA | YOGA & WELLNESS RETREAT

DETOX PROGRAMS

Are you amongst the millions of people that wake up each morning feeling tired, lethargic, and low on energy? Do you suffer from brain fog, achiness, bloating, digestive issues, allergies, acne or headaches? Have you forgotten what it's like to feel vital, vibrant, alive, joyful and full of energy?

If so, you're not alone a significant portion of the global population suffers from the harmful effects of processed and fast foods, chemicals, environmental pollutants, excess alcohol, sugar and refined flour. These seemingly harmless ingredients aren't just causing you to struggle with weight gain, bloating, lack of energy and other uncomfortable symptoms, they are contributing to global record highs of chronic disease, and may be completely derailing your health.

Give yourself a much-needed break from all the chemical additives and hard-to-digest elements we all encounter each day, and boost your body's natural process of eliminating those elements with Vikasa's exclusive VITOX™ and FLEXI-VITOX™ programs.

ANTARA DETOX PROGRAMS,

Most people equate a detox with deprivation or worse. Visions of hunger, weird food, kale juice, colonics and coffee enemas come to mind. Sure, you'll feel better in the end, but is all that pain and suffering really worth it?

The fact is you don't have to suffer. There is a better way to detox. It's a new kind of detox that combines healthy flavourful food with healing herbs to jump-start your health and reboot your metabolism. It's easy to do, and provides a direct route to feeling fabulous!

TWO PROGRAMS, TWO OUTCOMES

Our — and — programs were developed exclusively for ANTARA Retreat in collaboration with an Australian Naturopath, certified American Health Coach and our own Boris Lauser, Berlin's acclaimed raw food expert. Antara Detox provides a powerful total body cleanse for everyone. Scientifically designed for yogis