

T R A N S F O R M A T I O N

5-Day Rejuvenation KIDNEY CLEANSE

APRIL 4-8, 2012 SEDONA, ARIZONA

Retreat

Includes:

- 4 nights accommodations at Grace Grove Rejuvenation Center
- All organic meals (smoothies, juices, broths & detox herbs)**
- Self-Healing Practices: QiGong, Yoga, Pilates & Meditation
- Shamanic Breathwork Ceremony
- Healthy Lifestyle Lectures on Vital Longevity techniques!
- Sedona Red Rock nature hike and Medicine Circle
- Deep Emotional Release Bodywork by founder James Hyman (optional)
- Colon hydrotherapy (optional)

** includes 3 days of juice fasting

COST: \$1,400

(excluding airfare, airport transfers)



How would you like to look & feel 10 years younger in 5 days?

Spring is the perfect time to cleanse your body & mind! Come share in the learning of how to care for your body & mind through Qi-Gong, Shamanic practices, Longevity Techniques and more...

In this 5 day retreat you will experience:

- * A quantum shift into optimum health
- * Bountiful energy and inspiration
- * Renewed life force and vitality
- * Rest & Relaxation
- * Peace of mind
- * A lighter body
- * Radiant Skin



Location: Grace Grove Rejuvenation Center is located 30 minutes from downtown Sedona in Cornville, Arizona, alongside the Oak Creek. From Phoenix airport it is a 1.5 hr. shuttle ride.

Space is limited. Please call to Register 970-560-0160 or visit: www.healingartsretreats.com

Your Master Teachers:



James Hyman

Founded the Deep Emotional Release and Quantum Healing Bodywork. A technique that releases blocked energy associated with past trauma and negative patterns from the subconscious mind and Quantum grid, activating the cellular memory of perfect health. Musical Composer, Qi Gong Master, writer, healer and shaman.

Julie Rogers, RN

Health educator, cleansing specialist and Yoga/Pilates master. She shares the wisdom of 25 years of experience as a healing arts practitioner and health retreat/workshop leader. Julie gives us the tools that strengthen the whole person from the inside, out. She & James have been working together for over 27 years.

