

..... KINDRED SPIRIT HOSTS

Fasting-Hiking in Kent

YOUR HOST, DIANE

"From my heart to your heart, I would like to take you on a journey to connect with our wonderful earth + ground yourself with Mother Nature, understanding often less is more.

My intention for the retreat is to bring together like-minded people, who enjoy nature and caring for their mind, body + soul. To connect more with each other and with ourselves."

Aloha, blessings, peace + love
Diane



We can't wait to meet you...

ON YOUR 6 DAY ADVENTURE EXPECT...

Daily guided walks along unspoilt countryside, silent Hiking as well as daily guided meditation + self-care practices.

Stay with us at Bore Place, an eco-venue immersed in a 500-acres estate - it's the optimum retreat space.

Single Rooms available to follow Government Covid Guidelines.

Bore Place,
Kent,
TN8 7AR
Train: Sevenoaks or Tonbridge
Air: London Gatwick



Escape to the country...

HEALTH IS WEALTH | BE ABUNDANT IN WEALTH



..... YOUR ITINERARY

ON ARRIVAL:

The Old Stable is ready to welcome you from 4pm. You can move into your room after a short personal conversation in which we settle all formalities and discuss the health questionnaire.

THE NEXT 5 DAYS:

You can start the new day, however you want... + yes, you can sleep in!

Herbal teas, fruit juices + mineral water are available.

09:15 begins with a 30-minute self-care abdominal massage followed by a 30-minute guided meditation. Then we set off on our daily hike (approx. 10 km).

On our return, you have free time to practice massages or energy treatments thus effectively supporting the fasting process. Individual appointments are available to book at this time.

In the evening, we meet as a group, prepare vegetable broth + share our experiences.

The official part of the day ends at 20:15 from which you will be left to your favourite activities .

THE DAY OF DEPARTURE:

At 09:00 we meet for our final herbal tea + chat, followed by one last hike.

At the end of the morning the big moment has come: breaking the fast with 'your' apple.

And don't forget, formulate a wish for the future!

13:00 we wave goodbye + wish to see you next year.

The adventure awaits you...

WHAT IS BUCHINGER FASTING?

We commence the stay with a Colon Cleanse (for you to do at home) as well as a cleanse throughout the week.

During your stay, we only consume herbal teas, water, a fresh fruit juice and a vegetable broth in the evening.

No worries - I will help you prepare the week before, providing you with all the information you need. Together we will learn how to healthily eat again.

CURIOUS? FIND OUT MORE. READY? LETS BEGIN.

FASTING IS A HEALING BREAK FOR THE BODY + MIND

"the most beautiful days for me"

