

5-day  
**ONLINE**  
**DETOX**  
**RETREAT**

BASED ON CURRENT  
SCIENTIFIC RESEARCH

**IMMUNE**  
**BOOSTING**  
**DETOX**



WITH  
ASA SIMONSSON  
& LISA DUNN

**ONLINE RETREAT**  
**3 - 7 MARCH 2022**



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ONLINE  
DETOX  
RETREAT

## For a long and healthy lifestyle

We are super excited to bring you our sixth online detox retreat, focusing on boosting your immune system and the secrets to a long and healthy life.

A focused period of detoxifying is a reset for the whole physical and mental body. It delivers an all-access pass to boundless reserves of energy you didn't know you had. You may find that every part of your body works better, imbalances are rectified and irritating symptoms get a chance to disappear.

All cultures and religions do some sort of fasting to reflect and reset. This is a power that our body will use to rejuvenate and heal.

# The Retreat

## What is a Detox?

ONLINE  
DETOX  
RETREAT

Biotransformation of toxins is something that happens in our bodies without us having to do anything. We are constantly getting rid of toxins through balanced periods of activity and rest so that various chemical reactions can happen for perfect equilibrium and health. However, the lifestyle most of us has today exposes us to a huge amount of toxins. It is estimated that we are exposed to 100 times more toxins than our grandparents were exposed to.

When we are exposed to more toxins than we can deal with, our body weakens, our immune system becomes impaired and we are more prone to infections and disease.

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This retreat will be online so that you can participate in the comfort of your own home.

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Helping and supporting your body with this process will help keep you strong and resilient. When you consciously choose to 'detox' you choose to minimise your intake of toxins at all levels while at the same time maximising your output of toxins at all levels.

The body is made up of cells that are turned over at regular intervals at a rate of about 30 billion a day. Each day, cellular enzymes face the task of breaking down 30 billion old, worn-out cells that can no longer properly absorb and utilise nutrients. This results in the generation of large amounts of debris that are naturally occurring but cannot be utilised by the body. If not removed promptly, they begin to accumulate in areas of the body that are not suited for such purposes. Once stored waste has reached a certain limit or threshold, it seriously impairs the functions of the affected parts of the body - the intestines, liver, bile ducts, gallbladder, appendix, tonsils, reproductive organs and kidneys, to name some major ones.



### Who would benefit from this retreat?

If you're interested in improving your overall health and strengthening your immune system, open to new concepts and creating better habits, and want more agency over your wellbeing then this retreat is for you. We can't wait to spend the long weekend with you.

If you are on any medications at all or are struggling with health, please reach out to us and we will advise you if this retreat would be of benefit to you.

### What is included in this retreat?

1. Instructions and a shopping list for chosen fasting menu.
2. Yoga twice a day, during the 3 full days and once on the last day. Other movement protocols will be on the retreat schedule.
3. Educational talks and discussions about natural ways of improving your health, immune system, how to avoid toxins, and improving overall health.
4. Practical cooking demos using foods specifically good for supporting longevity
5. Meditations and sharing circles
6. Questions answered by an experienced naturopath throughout the retreat.
7. Amazing support and inspiration from like-minded people joining the retreat
8. List of staple foods you will find in the kitchen food cupboard/pantry of someone with a kick-arse immune system!
9. Continued support after the retreat

### What is a cleanse?

A cleanse is when we are optimising our body's detox pathways and at the same time avoiding adding more toxins. The outcome is a less toxic load which means your body will work better and be healthier. Toxins are a hugely overseen route that causes many diseases and it is important to know how we can both avoid and eliminate more toxins. Our bodies cleanse or detox every single second of the day without us having to do anything. However, if you know how this system works and how to support this on a day to day basis then you will have your health under your control.

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## INVESTMENT

For yourself:

£195

For a household

of two people:

£245.

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### How do we cleanse?

A profound way of cleansing is to go on a fast. We encourage you to do a juice and broth fast during this cleanse but we will also provide you recipes for a raw food fast as well as a plant-based cooked meal plan. If you are not sure we will help you to decide which is the best one for you. Instructions and menu plans for these fasts will be provided before the retreat starts.

### Naturopathic Detox Exercises

We will also be using naturopathic detox techniques throughout the retreat. You may need to purchase a few things for this but it may be that you have what is needed already in your home.

Instructions for these naturopathic exercises will be sent to you along with the menu plans and shopping lists once you have booked onto the retreat.

### How much do I need to prepare for this retreat?

Ideally you should start to prepare 2-3 days ahead of the retreat for whichever menu you choose to do.' You may also need to get a few items for this retreat so again 2-3 days should be enough to do this.

### Where is this retreat and how much does it cost?

This retreat is via Zoom, online in the comfort of your own home. The naturopathic exercises are best done in private and where you can feel relaxed. We have found from our previous retreats that the group bonds well as everyone can be themselves in their own home.

The sessions are all recorded so you can catch up if you miss any of them or want to watch them again.

You will receive continued support after the retreat

# Your Teachers

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The retreat will be led by naturopath & nutritionist Åsa Simonsson and yoga & breath work teacher Lisa Dunn

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## Åsa Simonsson

Åsa Simonsson is a naturopath, nutritionist, and a registered nurse with almost 30 years of experience in health and medicine. She has helped thousands of clients and patients get back to health. Currently, she sees clients in her private practice, she is a lecturer at the College of Naturopathic Medicine, she runs private workshops and classes as well as for the wonderful charity that is 'Made in Hackney', she is a natural chef cooking on retreats and has recently had her first book 'Fermentation' published. Åsa will guide you through the 5-day retreat with nourishing recipes and naturopathic detox techniques, educational talks and practical cooking sessions. She is available for questions throughout your five days of transformation.

Find more information about Åsa here:  
[www.lineanutrition.co.uk](http://www.lineanutrition.co.uk)  
Instagram @nordic.nutrition



## Lisa Dunn

Lisa Dunn has been practising yoga for 20-years and teaching for twelve and she never stops feeling excited about sharing the liberating effect this has had on her life. Her work has taken her all over the world, running retreats and workshops and most recently to Suryalila Yoga Retreat Centre in Spain where she is a faculty teacher on Frog Lotus International teacher training programmes. She brings a contemporary eye to time-honoured traditions and draws on the universal teachings of yoga, both on and off the mat. Lisa is also a filmmaker and has recently finished a documentary about the world of yoga called 'Suryalila: Six Years in Search of Sanity' Lisa will be available for support during the whole retreat.

More information on Lisa can be found here  
[www.lisadunnyoga.com](http://www.lisadunnyoga.com)  
Instagram @lisa\_dunn\_yoga

# Online Retreat Schedule

## DAY 1

### Thursday 3rd March

**5:30 - 7:30pm** First retreat meeting. Introduction Circle & Meditation



## DAY 2

### Friday 4th March

**9:45** Pranayama - Breathwork  
**10 - 11am** Yoga  
**12 - 1:30pm** Evening Practical / Q and A  
**3:30 - 4:30pm** Practical Session – cooking demo  
**5:30 - 7pm** Yoga and Meditation



## DAY 3

### Saturday 5th March

**9:45am** Pranayama - Breathwork  
**10 - 11am** Yoga  
**12 - 1:30pm** Detox session. Q&A  
**3:30 - 4:30pm** Practical Session – cooking demo  
**5:30 - 7pm** Yoga and Meditation



## DAY 4

### Sunday 6th March

**9:45am** Pranayama - Breathwork  
**10 - 11am** Yoga  
**12 - 1:30pm** Detox Session Q&A  
**3:30 - 4:30pm** Coming out of Detox, supporting and sustaining new habits Q&A  
**5:30 - 7pm** Yoga and Meditation

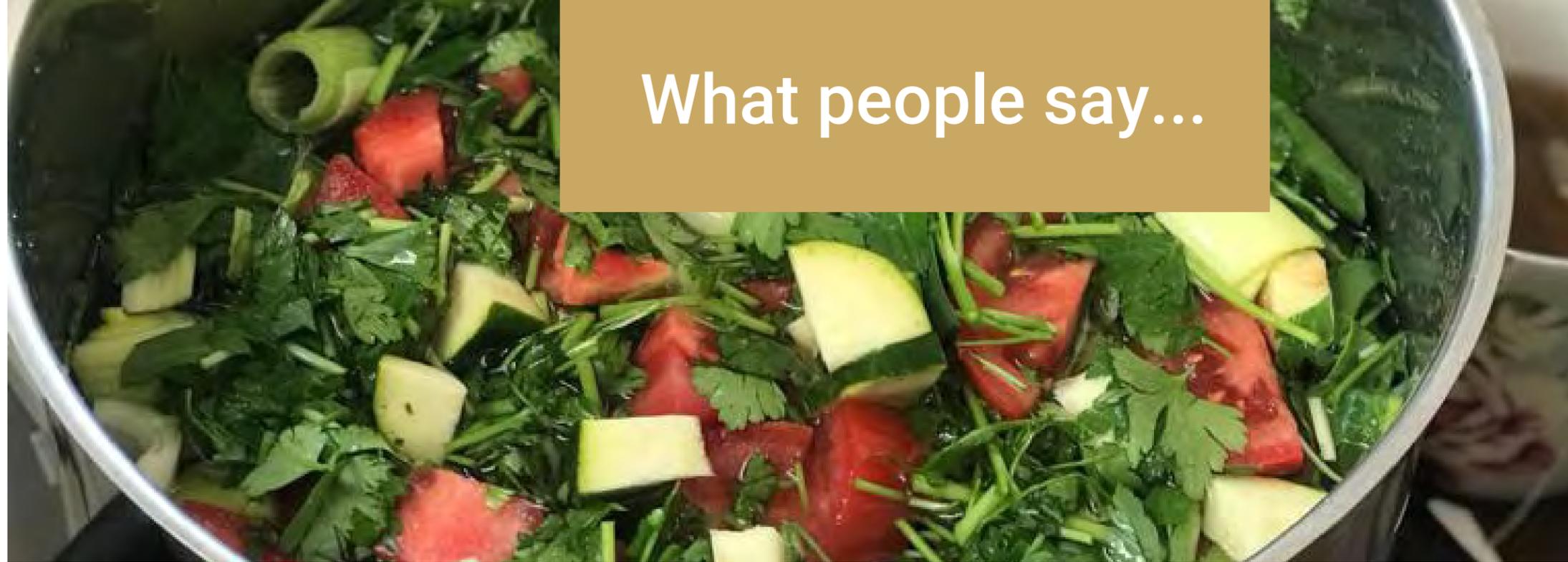


## DAY 5

### Monday 7th March

**10am - 11:15pm** Yoga and Pranayama  
**11:30pm - 1pm** Closing Circle





# What people say...

## Testimonials

**Maddy and Sean, London**

'The retreat worked surprisingly well online and we were given so much support and instruction. Lisa and Asa are both incredibly knowledgeable and generous with their time and energy and are a great team. Every day Asa delivered really interesting and super informative talks and nutritional support as well as sharing recipes, cooking demos and masses of useful information which supported us through the process. Lisa's amazing yoga and meditation sessions made the retreat feel special and also helped enormously with the detoxification process.

The whole process was much easier and more enjoyable than we expected and we both felt loads better (and slimmer!) afterwards. We will be joining again in September. All in all, an amazing experience and great value for money. Loved it. Thanks, ladies.'

**Juliet, UK**

'Easy, affordable way to have a guided, supportive detox with a fabulous yoga boost to start and finish the days. Your body will thank you. Highly recommended.... I feel so motivated to be as healthy as I possibly can be. On the back of the detox, I have also managed to curb my addiction with rubbish carbs and copious amounts of toast! So many benefits!'

**Ruth, London**

'I enjoyed every aspect of this hormone balancing retreat, so much so, I wish I'd done it a few years ago - I don't suffer from any significant issues with my hormones, however, I now feel more informed about what they might be up to, what to look out for and how I can eat better, to optimise my health and wellbeing going forward - the morning and evening yoga and meditation sessions were wonderful too - lots of self-care here, which everyone should try at least once.'

**Catherine, London**

'A retreat from home with a small virtual gathering of supportive others. Sound and clear naturopathic and nutritional knowledge and advice, and delicious menus, recipes and methods to follow up. Thoughtful yoga that was tailored to and supported the detox. I feel radically better and (am) lighter, happier and more connected in my skin, and much more focused and emotionally and creatively unblocked and flowing along. Continuing with habits and positive changes until the next retreat'

**Nono, UK**

A very well-structured online retreat from an incredibly knowledgeable and compassionate duo. It was my first juicing fast and I was a bit nervous beforehand. With the help of a detailed plan, clear explanation and a well-designed menu, I did it! The support from the group has been wonderful. A great experience to help me embark on the journey of a gut-friendly diet and daily routine.'

**Gaelle, UK**

'This was my second virtual detox retreat with Asa and Lisa and I really enjoyed it. One can choose between a juice fast, a raw food fast or a plant-based fast. I did the juice fast and found it much easier this second time around. One received a list of protocols that can enhance the whole detoxification process. You can choose to do them all or only a few. I enjoyed the whole process: yoga session, gut health talks, cooking demo, sharing circles. The whole timetable is well planned and allows for plenty of time to rest and be present on your own. I highly recommend those retreats and will hopefully be joining in the summer one.'

**Kristen, Minneapolis US**

'Excellent retreat and such a gift to myself! I am looking forward to joining another retreat in the future!'

**Jerry, Minneapolis US**

'Wonderful life-changing experience all around. Look forward to doing another detox retreat with both of you sometime!'

**Barney, London**

'As I hadn't done a retreat at all before, let alone a juice fast, I didn't know what to expect coming in. Firstly I enjoyed the routine provided, which I think helped with the fasting sensations. The yoga was different from what I had practised before and was great to get into my hips. The talks also were really useful, especially explaining the benefits of fasting whilst doing one made me feel a lot more enthused to complete it. Overall I learnt a lot from all the different sections of the retreat, and am glad to have had the experience!'

**@theninjanaturalchef**

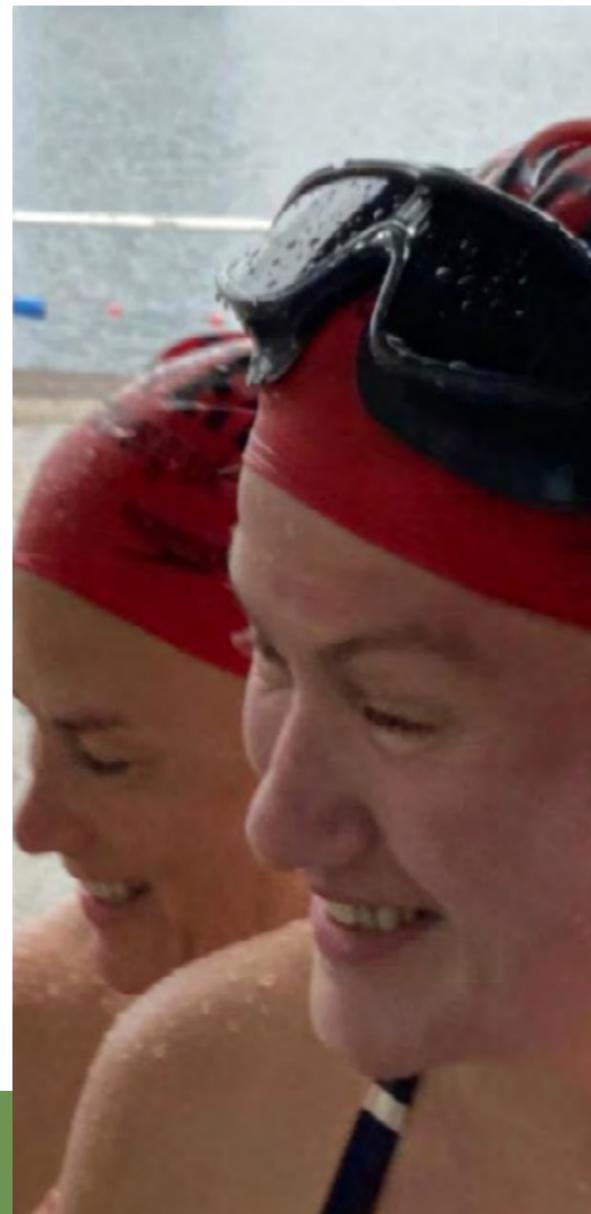
'And just like that, we have reached the end of such a lovely detox retreat experience. One which I would thoroughly recommend! Thank you, thank you Asa and Lisa'

**@londonnutcheeseco**

'Excellent talk about the immune system this morning as part of the online juice fast retreat by @nordic.nutrition. and very healing yoga classes with the sweet @lisa\_dunn\_yoga'

**Bruna, London**

'I have done other juice fasts before but having it with Asa and Lisa made the whole thing much gentler and easier. Their holistic and flexible approach makes you feel comfortable and reassured during the whole process. After the 5 days, my digestion improved a lot and I feel lighter and more energetic.'



## Contact Us

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