

Organic Rejuvenation Retreats

Conducted by Wong Kee Yew @ The Veg School

Our daily lives are experiencing inevitable stress, highly processed food, chemically farmed food and rampant pollutants in our urban settings. There is an increasing need to routinely cleanse our body to regain internal orderliness and vitality, to manage our daily challenges more confidently.

At Organic Rejuvenation Retreats, we will go through cleansing regime where:

- i. We will be flushed with generous amount of ORGANIC juices extracted from freshly harvested vegetables from the farm,
- ii. nourished with life force pulsing elements,
- iii. protected in a humbly organic environment and
- iv. grounded with relaxation activities to harmonize the physical body and to purify the agitated mind.

To bring about behavioral changes to the body, there will also be sharing sessions on

- . life-force management,
- . detoxification principles and
- . balanced diet philosophies, to reinforce the understanding of universal picture of wellness.



Organic Rejuvenation Retreat is no ordinary wellness retreat, as it is a comprehensive body and mind overhaul workshop, where exercises, detoxification, life force enhancement, mind purification and wellness education are integrated to ensure effective and genuine revamping of wellness.

Website : www.TheVegSchool.net
Email : info@TheVegSchool.net
Facebook: www.facebook.com/TheVegSchool



Do join us in one of the upcoming retreats:

***28 Jan - 1 Feb | 5-9 Aug | 7-11 Nov 2020**

Titi Eco Farm Resort @ Jelevu, Negeri Sembilan, Malaysia.

5D4N Investment :

MYR3100 / SGD1050 per pax on twin/triple-share basis

(including all meals, juices, accommodation, KL-Titi-KL land transports)

^Limited to 12pax only.

***9-18 Dec 2020**

Titi Eco Farm Resort @ Jelevu, Negeri Sembilan, Malaysia.

10D9N Investment :

MYR6300 / SGD2100 per pax on twin/triple-share basis

(including all meals, juices, accommodation, KL-Titi-KL land transports)

^Limited to 12pax only.

To register:

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