



Delicious Nutrition Wellness Retreat

at Polli Talu Arts Center in Estonia

with certified health counselor Marika Blossfeldt (Estonia/USA)

August 4 - 10, 2010

Kundalini Yoga Morning Practice

Combining postures, stretching, movement, meditation, breathing, and chanting, it stimulates the glands, strengthens the nervous system, opens meridians and balances chakras

Cooking Classes

A hands-on and fun experience, you will learn how to make delicious and balanced meals using fresh whole foods

Nutritional Talks

Covering the energetics of food, the Yin and Yang of food, complex carbohydrates versus simple sugars, natural versus processed foods, good oils and fats, conscious eating and much more

Breath Walks

A safe and easy work-out that keeps your body and heart fit while increasing oxygen levels in your blood

Massages and/or Reiki Treatments

Enjoy the therapeutic and relaxing effects of deep tissue massage or gentle Reiki energy work

Evening Meditations

At the end of the day center yourself and calm your mind in preparation for restful and deep sleep

Day Trip

Explore beautiful sites in Western Estonia as we set out to visit local museums, medieval castles, bird sanctuaries and bogs

The retreat is open to a maximum of 15 persons to ensure high quality personal attention.

Marika Blossfeldt, Holistic Health Counselor, Whole Foods Chef and Kundalini Yoga Instructor will lead the retreat in English with Estonian translations.

Housing is provided in rooms of 1, 2, 4, and 5 beds. Two couples can be accommodated in double-occupancy rooms. You may also bring your own tent.

Meals will be prepared from organic vegetables from Polli Talu's kitchen garden and local produce, including eggs and dairy.

TOTAL COST FOR REATREAT:

2442USD per person

Includes: Airfare NY-Tallinn-NY, transfer to Polli Talu, meals accommodations, classes, 2 massages and Day Trip)

Additional nights in Tallinn and fares from other cities are available on request.