

Kitty Champion's Austrian Detox Retreat

October 3rd -11th 2015 & April 29th - May 7th 2016

You are welcome to join this revitalizing retreat in the beautiful Austrian Alps with daily yoga, meditation, pranayama, juice detoxification, colonic hydrotherapy and therapeutic bodywork. The Vitalhotel in Hinterstoder is equipped with an infra-red sauna, chemical free mountain water indoor swimming pool and an outdoor kneipp promenade. This is the perfect location to unwind, breathe deeply and restore balance to the body while being supported in yoga practice, deep detoxification and structural realignment by a team of hugely experienced therapists.

Retreat highlights

- 4 hours daily of yoga practice
- 7 days organic juice fast including potassium broth and detox tea
- Pranic breathing and chanting to restore and rebalance the chakras
- Bodywork including colonic hydrotherapy and cranial sacral therapy
- Deep tissue massage, precision reflexology, ear candling and Reiki
- Matrix regeneration therapy and deep liver stone cleansing
- A month's preparatory course of herbs
- 8 nights accommodation

There will be four hours daily of yoga practice including pranic breathing and chanting to restore and rebalance the chakras, accompanied by a 7-day organic juice fast including potassium broth and detox tea. Bodywork including colonic hydrotherapy, manual lymphatic drainage, deep tissue massage, precision reflexology, ear candling and cranial sacral therapy will be individually prescribed. Matrix regeneration therapy is offered every day and on the fourth day, deep liver stone cleansing is offered on a purely voluntary basis.

Instructors

Kitty Champion

Kitty is a pioneer in the field of energy medicine, as well as a trained medical herbalist, iridologist, an extensively trained bodyworker with 38 years of experience. Her approach to detoxification is unique because it is so dynamic including not only supervised fasting but bodily aids, both internal and external, which accelerate emotional, spiritual and physical healing. Kitty's training in Germany taught her that all good health begins in the bowel and over many years this has proved to be the case achieving astonishing results. She will be carrying out some of the bodywork and her extensive experience in this area working with more than 38000 patients insures a relaxed, easy and very effective process.

Gudrun Frumann

Gudrun, who is one of the hosts of the Vitalhotel, is an experienced physiotherapist and cranial sacral therapist.

Rosabella Jordan

Rosabella is a well-loved yoga teacher with 40 years of experience teaching yoga, Qigong, chanting and breath work.

Amanda Spring

Amanda is the best colonic therapist Kitty ever trained. Using the gentle gravity feed method and intuitive massage she achieves superb results.



Gudrun does cranial sacral on the retreat



Vital Hotel Stoderhof, Hinterstoder



The stunning location

Location

This detox retreat will take place in Vital Hotel Stoderhof in the beautiful Austrian Alps. The hotel is located right in the centre of Hinterstoder, only 3 - 4 minutes' walk from the gondola. A car-free CO² economical vacation is guaranteed.

There are beautiful meadow walks and optional excursion to a magnificent waterfall and a serene lake where herbal tea may be taken as well as a ski lift transporting you to magnificent views over the Austrian Alps. Bicycles can be hired for longer excursions. And for the very brave, there is an adventurous high-wire course nearby, as well as hot air balloon rides and paragliding.

All participants are given individual en-suite bedrooms with balconies overlooking the magnificent Austrian Alps. The hotel has been carefully constructed using organic materials according Fengshui principles.

What's Included

- 4 hours daily of yoga practice including pranic breathing and chanting to restore and rebalance the chakras
- 7 days organic juice fast including potassium broth and detox tea
- 8 nights accommodation in a private en-suite bedroom
- A month's preparatory course of herbs
- Daily bodywork, matrix regeneration therapy and deep liver stone cleansing

What's not included

Airport transfers ~ Flights

How to get there

Arrival by airplane - The easiest way to reach the hotel is to fly to Linz Airport (LNZ) or Salzburg Airport (SZG) which are respectively half an hour or an hour from the hotel. It is also possible to fly into Munich Airport (MUC) and take a train to Hinterstoder.

Arrival by train - The nearest station is Hinterstoder station. You have connections from Linz and Graz that are convenient to travel.

Distances -Linz Airport - 0.5 hour. Salzburg Airport - 1 hour

Booking Conditions

Payment

£1380 inclusive of everything including preparatory herbs but not airfare and transportation to the hotel.
£200 GBP deposit is required to book your place. The rest is payable in full one calendar month before the course.

Cancellation

Full refund less 100 GBP for administration costs and the preparatory herbs will be provided for cancellation made 14 days before the course commences. No refunds thereafter.

Accepted payment methods - Bank wire transfer.

Reviews

Nicky, 2015. Kitty Champion's Detox Retreats, edited.

"You gave so much to us all with your generosity of spirit and your boundless wisdom. It was a joy to be with you in the gorgeous valley once again and I thank you hugely for enabling me to experience another week."

Isobel, 2015. Kitty Champion's Detox Retreats, edited.

"Your soul is large, you are all embracing, caring and practical. As you wrote in your poem you are always ready to come to the rescue of those worse off than yourself. Fabulous team, loved them all, great bunch of people in a beautiful setting. Couldn't have asked for more. Thank you from the bottom of my heart."

Simon, 2015. Kitty Champion's Detox Retreats, edited.

"Thank you for always being there for me and for helping my family so much."