



Atsumi

DETOX.YOGA.HEALING

Emotional Cleanse

*Join us on the beautiful Island of Phuket, Thailand
for a journey of deep transformation and emotional cleansing*

Summary

Atsumi's Emotional Cleanse has been designed to help you open your locked potential and trigger long term changes.



This program is suitable for those who have a sincere intent to look deeper into fears and blockages that prevent their personal growth and happiness.



We will help you explore your subconscious mind and transform the causes of illnesses, difficulties, fears and suffering.



THIS PROGRAM IS ABOUT CHANGE

Program

- Resolve inner conflicts
- Dig into the deeper levels of your being
- Reprogram what has been limiting you
- Shift the point of view



Release & transform tensions and distress - expand positive emotions and balance

Detox and replenish emotionally

Re-establish order and love with Family and Systemic Constellations

Stabilize, balance and support your electro magnetic field by working on the subtle energies



Integrate the work on yourself with private yoga sessions & Chi Nei Tsang holistic massage



Schedule (Raw cleanse + Emotional cleanse)

- Colonics
- Daily massage
- Variety of raw vegan smoothie
- Daily raw lunch, snacks and dinner
- Cleansing drinks
- Probiotics
- Electrolytes drinks
- Herbal teas
- Detox Shaker
- Liver flush drink
- Lemon and ginger tea
- Wheatgrass shooters
- Daily morning and evening group activities (yoga, thai boxing, meditations and sightseeing)
- Consultations with Detox Consultant
- Detox handbook
- Herbal Steam Sauna
- Blood pressure check
- Atsumi facilities (unlimited use of Gym, swimming pools, etc.)
- Weekly educational talks
- Complimentary wi-fi
- Daily Beach shuttle

7 day program

4 treatments and 2 private yoga sessions

10 day program

5 treatments and 3 private yoga sessions



List of treatments:

- Emotional work (EMDR and NLT)
- Transformation of limiting perceptions and beliefs (kiniesiology & thetahealing)
- Family and systemic constellations
- Reconnective healing & Subtle energy work
- Cleansing and regeneration of subtle energies
- Chi Nei Tsang holistic massage

Important notice

The Emotional cleanse program has been combined with a Raw food cleanse but the program can be customized based on your needs and experience.

We strongly recommend to combine the Emotional cleanse with the Raw cleanse because this program is suitable for everyone and you will be able to cleanse both mind and body.

The Emotional cleanse program can also be a stand alone program or can be combined with the full fast or Juice cleanse if you are experienced with fasting.

For further information:

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