



LA MANGA, SPAIN 2025

# *Gut & Brain Retreat*

Yoga, Functional Movement & Wellness

CF ORGANIC WELLNESS

# 'THE ART OF EATING, MOVING, BREATHING & BEING'

Firstly thank you for asking for further information on our June Retreats. We are super excited to be able to get these back up and running to inject motivation and empowerment within our guests to better manage their nutrition, lifestyle and movement choices for their individual wants and needs. We are true believers that we need to look at the body on a holistic level (the whole body) to really make change. There is no other retreat at the moment that looks at your past medical history, present health, nutrition, supplements, lifestyle, breath and movement patterns all in one go!

Let's make some magic happen and give your body the love it deserves!





## WHATS INCLUDED IN YOUR STAY



- 6 nights Luxury Accommodation
- Vibrant nutritionally balanced food designed by Naturopathic Nutritionist, Nicola Charnock.
- Supplements, herbs and superfood powders of the highest quality and strength.
- Daily classes in Yoga, Functional Movement, KO8 Suspension, Animal Flow, Paddle Boarding, Water Fitness and Swimming Lessons.
- Breathwork and Cold Water Immersion with a Wim Hof certified instructor
- Daily interactive talks in nutrition and supplementation for specific topics chosen by the guests such as brain health, sports nutrition, balancing hormones, sleep, fertility, menopause or weight management.
- Cooking workshops and meal plans.
- Unlimited use of the deep healing infra red/emf mat.
- Body Work Treatments, talking therapies & life coaching.
- Full 3 Day Heavy Metal Liver & Gut Cleanse
- 1 Hour Naturopathic Nutrition Consultation
- Detoxifying Iconic Foot Spa
- Sound Healing Journeys

Opportunity for further treatments, private swimming lessons and private yoga sessions is available on request for an additional charge.

# MENU OF TREATMENTS

We put a huge emphasis on body work treatments, self development and connection between the body and mind. The morning are busy with a variety of exercise and breath work classes for you pick which movements make your body sing! The afternoons are spent on self discover of your own self through beautiful treatments, talking therapies and posture education and muscle rebalancing through hands on therapies.



## Menu Of Treatments

Treatment of Injuries and Remedial Massage

Deep Tissue Sports Massage

Full or Part Body Relaxation Massage

Aurvedic Yoga Massage

Thai Yoga Massage

Shiatsu Massage

Indian Head Massage

G5 Lymphatic Drainage Massage.

Talking Therapies and Health Coaching for addiction, anxiety, trauma release.



You have 1.5 hours of treatments included within the price. Additional hours can be booked and payed for during your stay.

Included within your package

1x hour nutrition and lifestyle consultation

Kinesio Taping (if required)

Cellular Repair and Detoxifying Far Infra-Red Light Therapy

Detoxifying Ionising Foot Spa

## MEET YOUR HOSTS, THERAPISTS & INSTRUCTORS



### **NICOLA CHARNOCK**

With 20 years of working with posture and back related injuries from treatment and rehabilitation through to prevention. Niki will be assessing all clients movements patterns throughout their stay to find the root causes of one's pain, restrictions or weaknesses. Niki is also a natural path if Nutritionist and will be combining a fully support liver and gut cleanse protocol with amazing food, cooking workshops and nutrition lectures for guest to take home new found Knowledge to support themselves regarding brain, liver, gut and hormones health. Niki believes our body works at its best when we truly look holistically, combining together all the elements of movement, breath, nutrition, thoughts, reactions and sleep!



### **LUCIE HOFFMAN**

Lucie is the calming angel of the team. Her energy and light filters through to everyone. She has practised for many years Ayurvedic massage and her treatments send you to another world. Under her belt of qualifications she studies 200h TTC hatha yoga and 200h TTC yoga therapy in India, ayurvedic yoga massage at the AYM institute in India, Thai yoga massage at the sunshine network, animal flow level 1 training with the founder Mike Fitch. She has worked on retreats for over 10 years, and shows great excitement on the cooking and nutrition side of the retreats with an ayurvedic twist.

## MEET YOUR HOSTS, THERAPISTS & INSTRUCTORS



### **JANE MCCORMICK**

Jane is co - founder of Openswim UK and one of the most recognised open water swimmers in the north west having completed a number of prestigious swims both in the UK and around the world. She has swum the English Channel solo and is a member of the team that hold the world record for the fastest two-way and three way English Channel crossings. Jane is a Wim Hof Method instructor and an Oxygen Advantage instructor and specialises in combining cold water immersion and breathwork with swimming to improve both physical and mental wellbeing.



### **ANDREA EVERINGHAM**

Andrea has travelled all over the world with her teaching and training. She has accumulated 1000ms of hours in a darma, yin, jivamukti and Ashtanga yoga and studied Chinese medicine to compliment her practises. Her practices of yoga are always intuitive, she loves to inspire others to sing & mantra, experience softness and strength throughout, finding your edge and softening into the moment.

## MEET YOUR HOSTS, THERAPISTS & INSTRUCTORS



### **KAREN BOTTOMLEY**

A fabulous naturopathic Nutritionist and specialises in perimenopause and menopause. Both herself and niki will be creating you nutritionally balanced foods, giving you individual nutrition, supplement and life style advice and supporting you every step of the way on your liver and gut cleanse.



### **CLARE BROOMHEAD**

Clare's practice & teaching spans Ashtanga through to Yin. Dedication & patience is at the core of Clare's practice & teaching, as she welcomes you to explore all that yoga has to offer. Cultivating the practice you need for yourself.

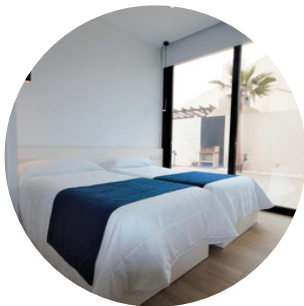


## MEET YOUR HOSTS, THERAPISTS & INSTRUCTORS



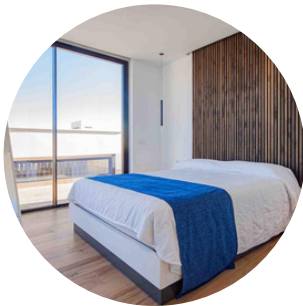
### **NEIL DAVIES**

A Holistic Therapist and Life Coach who's passionate about empowering clients to live; pain, stress and anxiety free and with an abundance of flow and creativity, so you can thrive in life as the best version of yourself.



## THE ACCOMODATION - VILLA 1

A 5\* Scandinavian Style Villa set in La Manga del Mar Menor, Villa Gawy offers accommodation with free WiFi, air conditioning, free bikes and access to a garden with an outdoor pool, private balcony's with top floor rooms, all bedrooms are en suite. The Villas are positioned on the La Manga strip with the healing waters of the Mar Manor on one side and the Mediterranean Sea on the other.



## THE ACCOMMODATION - VILLA 2

A 5\* Scandinavian Style Villa set in La Manga del Mar Menor, Villa Gawy offers accommodation with free WiFi, air conditioning, free bikes and access to a garden with an outdoor pool, private balcony's with top floor rooms, all bedrooms are en suite. The Villas are positioned on the La Manga strip with the healing waters of the Mar Manor on one side and the Mediterranean Sea on the other.



## THE SUPPLEMENTS

Our retreats have a huge emphasis on nutrition and extremely high quality supplements. Guests visit the 'health bar' packed with some of the cleanest, most absorbable, anti-ageing and detoxifying herbs and supplements daily. We run lots of educational workshops to keep you in loop of what is best for you to take to support your individual needs. Research is always changing and improving. These retreats keep guests up to date with the latest research to enable them to continually better themselves and their loved ones back at home.

## THE FOOD



High frequency, vibrant foods will be served on days 1 and 5 with days 2-4 being a supported Liver and Gut Reset. On days 2-4, juices and bone broths or vegan broths are teamed with practitioner strength supplements and high grade herbs to support sleep, metabolism, liver, lymphatic drainage and the gut during the Reset Phase. This is followed by 1 months worth of supplements post retreat to support you in the Restore phase. All food is as organic and local to the area as we can source. You can go as deep as you want to go with your Reset stage. Newbies may want to have some salad in the evenings while others may want to deepen their cleanses with coffee enema's, meditation and Breathwork!



Each day starts with sunrise walks connecting to source, sun gazing and absorbing a rush of vitamins and minerals from the sea air and water to support cardiac rhythm, energy and metabolism.

Cold water immersion will take place each morning for those that have or want this to become a part of their morning protocol. Supporting lymphatics, oxygen and blood quality to the cells and moving us into the calmer nervous system for recovery, repair, digestion and clarity of thoughts!

Morning and evening Yoga classes for all abilities will take place. Classes have supporting teachers to assist and adjust clients into the correct movements and postures to prevent injuries and highlight individual weaknesses. Those with a strong practise may want to really challenge themselves, we can assist you with that also.

Therapies from injury rehab, sacro cranial and osteopathy to full body oil massages or Aurvedic Yoga Massage (also known as Lazy Mans Yoga!) are available daily with 1.5 hours worth of treatments being inclusive of the retreat price. Additional treatments can be booked during your stay.

# PRICE & TRAVEL INFORMATION

**Investment:**

Non Refundable Deposit of £250/person required. Transfers are included if arriving on the suggested flight times.

**Villa 1**

£2400.00 Double room - Single occupancy with en suite  
or £1700.00 if sharing with your friend or partner

**Villa 2**

£2500.00 Double room - Single occupancy with en suite  
or £1800.00 if sharing with your friend or partner

**Dates:**

10-16th May 2025

7-13th Sept 2025

**Flight Suggestions:**

To be confirmed nearer the travel date.



For more information

Email or call us on:

[nicola@cfororganicwellness.com](mailto:nicola@cfororganicwellness.com)  
07971649713

\*Please note all deposits are non refundable.

Final balance due 8 weeks before the retreat commences, payment plans available.

[www.cfororganicwellness.com](http://www.cfororganicwellness.com)

