



Co-Counselling and "Detox" Workshop 2010

Language

English

Do you want to explore your emotional relationship to food, by noticing what happens when you cut out your usual 'comforts'? Do you want to try co-counselling while free from addictive substances? Do you want to do a new year "de-tox" (dietary and emotional!), in the company of co-counsellors, with someone else doing all the food preparation? Do you want a January co-counselling residential, and are willing to try a different diet?" The residential will be run along similar lines to others, i.e: peer-led, workshops offered by participants - the only difference will be in the catering. The foods that we have asked Earthspirit to exclude for the three days are sugar, caffeine (tea and coffee), wheat, dairy, meat, fish, and eggs. There will be some suggestions as to pre-workshop preparation in order to wean ourselves off certain foods, eg: caffeine. The food provided by Earthspirit is excellent and abundant! The workshop is alcohol free. Accommodation is in a beautiful warm venue in a gorgeous setting, with hot tub. See: www.earthspirit-centre.co.uk for details and pictures. Cost £175, a deposit of £30 secures a place. Accommodation is in twin bedded and multiple occupancy rooms, some with en-suite facilities (£15 supplement and allocated on first come first served basis) and the centre is wheelchair accessible, with one accessible twin bedroom. A single supplement of £24.00 is payable if a single occupancy room is requested.

Event Dates

Saturday, 2 January, 2010 - 17:00 to Tuesday, 5 January, 2010 - 15:00

Venue Details

Venue:

Earthspirit Centre

Dundon, Somerton, South-West England

Somerset, TA11 6PE

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Phone: Tel: +44 (0)1458 272161

See map: [Google Maps](#)

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Venue Web site:

[Earthspirit Centre](#)

Contact Information

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