

# TRANSFORM YOUR HEALTH WITH OUR DOCTOR MONITORED CLEANSE PROGRAMS

FEEL LIGHTER AND MORE  
ENERGETIC WHILE BEING  
MONITORED DAILY BY MASTER  
PHYSICIAN DR. MICHAEL KLAPER

September 8 - 13, 2019 with Dr. Michael Klaper



Join [Michael Klaper, M.D.](#), yoga teacher, Alese Jones, and the talented healers and therapists at The Spring for a week of water and juice cleansing that will leave you more energized and balanced on a cellular level.

## MEDICALLY SUPERVISED WATER OR JUICE FAST

Guests doing a water-only fast program will be required to submit basic blood tests (CBC, CMP, and HgbA1c). The doctor will review your bloodwork panel in advance and will meet with you daily to check your vital signs.

## LECTURES ON HEALTHY LIVING AND PLANT-BASED EDUCATION

Morning sessions focus on learning about the detailed inner workings of the body and digestive system from doctors experienced in fasting supervision. Afternoon sessions will invite discussions that will foster inspiring ideas and a new confidence to aid you in your health journey.

## EVENING PROGRAM

We have planned a number of other interesting evening activities including a meditative mandala art class to expand your creative side, a sound bath in the mineral springs to awaken your body and mind, an inspirational movie night and an evening of stargazing under the spectacular desert skies!

## PLANT-BASED FOOD PREPARATION CLASS

Enjoy a food preparation class demonstrating the principles of a whole food, plant-based diet and no added sugar, oil or salt (SOS-free). Learn how to make basic foods like oil-free salad dressings, nut milks, cashew cheese, soups and many different ways to prepare vegetables.

## DAILY GENTLE HATHA YOGA

Each day you will be guided through meditation sessions, gentle Hatha yoga or pool exercise classes designed to help detoxify your body - and your life.

## RATES

*Retreat + Room Rates Starting at*

Single Occupancy: \$3386

Double Occupancy: \$2997 per person

*\* Room tax not included*

## BONUS!

One Infrared sauna and one hydro-colon therapy session included in retreat package.

BOOK EARLY TO ENSURE YOUR SPOT  
CALL (760) 251-6700 OR EMAIL [retreat@the-spring.com](mailto:retreat@the-spring.com)

