

COUPLE RECONNECTING with your *Self* WITHIN A UNION

7-DAY AFROVEDIC DETOXIFICATION RETREAT

EXCLUSIVELY
FOR ONLY
10
COUPLES
PER RETREAT

WHY COUPLES GROW APART & STOP UNDERSTANDING EACH OTHER?



Do you feel like
you're talking, but
not connecting?



Has the
spark faded
into silence?



Do you feel more
like roommates
than soulmates?



Are old hurts
still affecting your
present?



Do you keep
fighting about
the same things?



Do you feel
unseen, unheard
or unappreciated?

If you answered YES to any of these, this retreat is for you!

3 POWERFUL 7-DAY RETREAT DATES IN FEBRUARY 2027



1ST – 8TH
FEBRUARY 2027



10TH – 17TH
FEBRUARY 2027



19TH – 27TH
FEBRUARY 2027

YOUR AFROVEDIC TRANSFORMATION JOURNEY INCLUDES:

1 COMPLETE ASSESSMENTS

- Individual Dosha Assessments
- Couple ATM Assessments
- Understand your Spiritual wellbeing & lineage patterns



2 FULL AFROVEDIC DETOX THERAPIES

a) PHYSICAL WELLBEING

- Brain – Gut Therapy (Colon Hydrotherapy)
- Regenerative Therapies (Hyperbaric Oxygen, Ozone Therapy, Photobiomodular Therapy)



b) MIND

- Individual Self Development Coaching
- Relationship Workshop
- Reconnection Couple Coaching
- Rediscovery Workshop



c) MEN EVENING SESSION
With three elderly men
(Understand your man better)



d) WOMEN EVENING SESSION
With three elderly women
(Understand your woman better)



3 SOUL

- Grounding Activities
- Meditation
- Walking in Nature
- Raw Gym
- Yoga / Stretch



4 NUTRITION RECOMMENDATIONS



Personalised nutrition
plan based on your
body constitution
(Dosha quiz and
birth dates)



5 HEALTHY RELATIONSHIP WORKSHOP

Practical tools to rebuild communication,
trust, intimacy and emotional connection.



6 ACCOMMODATION & NUTRITION PLAN

- Comfortable, serene accommodation
- Intermittent Fasting Nutrition Plan
- Herbal teas, detox juices & soul food



DETOX
YOUR BODY



RENEW
YOUR MIND



NOURISH
YOUR SOUL



REIGNITE
YOUR UNION



RETURN HOME
TRANSFORMED

*You don't just heal alone.
You rise together.*

ALL-INCLUSIVE
— INVESTMENT —

R60 500
PER COUPLE

All-inclusive | Limited spaces
Luxury. Healing. Transformation.

INQUIRIES & BOOKINGS

BOOK YOUR TRANSFORMATION TODAY!

+27 82 564 8125 | +27 68 560 9467

info@afrovedic.co.za | wellness@afrovedic.co.za

34 Peterplace Road, Bryanston, Sandton, JHB

www.afrovedic.co.za

THIS RETREAT IS FOR YOU IF:

- ✓ You feel disconnected or misunderstood
- ✓ You want to heal past hurts
- ✓ You desire a deeper spiritual & emotional bond
- ✓ You are ready to grow together, not apart