

8-days Captijn Insight health-retreat
Letting go!
Detoxify your body & mind



www.captijninsight.com
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Clear, clean, purify and rejuvenate to
be and bloom again.
Huay Sai, Mae Rim, Chiang Mai, Thailand



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Catalyst in developing tranquility & in-sight to get new sustainable flow in life, love, family, career and work.

Introduction

Isn't it quite normal to spring-clean your house? Getting rid of dust, dirt, waste and useless things. Clean windows and sometimes even redecorate. Creating space to see, to breathe and to open up again. Supporting you to live a good, healthy life.

But what about yourself? Do you clear and clean yourself, your own private temple you live in, once in a while?



Did you ever clear and clean your inner body? Are you aware of your body? Do you know your body? Do you listen to your body? Is your body serving you in the best suitable way?
Did you ever clear and clean your mind? About what are you (still) suffering? Are you living or running life? Are you still, aware and mindful, connected with life?
Are body and mind connected?

Only when you are well taking care of you holistic health balance, you can live life the fullest.

Be the master of your life. Learn to live again. Give yourself the present of a 'spring-clean'. Take a break and offer your body and mind a different wellness holiday. A unique retreat to clear, clean, purify and rejuvenate to **be and bloom again**. Aren't you worth it?

Make up your private balance sheet. Let go! Build the foundation for a lifestyle that's freer, lighter, more connected and happier. Get a life!

Detoxify your body and mind. Let go!



Detox center 1



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Why joining?

The fact that you are reading this brochure states the fact that you already know your personal motive(s) to participate in this kind of programs.

You just need quality 'ME-TIME' and 'ME-SPACE' for a while to recharge, make up your mind and breathe to feel more healthy again.

You grant yourself a very special present. Working on body, on mind, on life in a much different way, than the more default and usual offerings.

You are really - and/or maybe finally - in the mood of letting go.

You just want to explore...

Target group

- Singles (men and women)
- Couples
- Groups (adapted program)

People who want / need a temporary break and are willing and able to make a contribution to a 'lifetime experience'.

Holistic approach



This retreat in Thailand takes a holistic approach. To take a holistic approach means *exploring* the many varied components of health like a **holistic medicine**.

An integrated combination of: **Diet, attitude, rest, exercise and style** (lifestyle).

True and lasting happiness comes when you put all the many puzzle pieces of your life together, without neglecting any important segment of your life.

A unique blend of activities in which YOU are the centre.



The gift to yourself

With this retreat at least:

- You award yourself 8 days of 'ME TIME' for stillness, attention, deepening, insight, clearing, cleaning, purifying and letting go.
- You have a private host during your stay.
- You join a professional 3½ day private cleansing fast program during your stay.
- You get private mind/life coaching (10hrs).
- You get daily group or private meditation.
- You practice relaxation, body-rebalancing, body & mind connection and letting go.
- You'll be inspired by universal knowledge, Eastern angles, mindfulness & spirituality.
- You'll be pampered with an energy-rich and magnetic wellness environment and fantastic retreat program.
- Additional you can join daily yoga, enjoy a Thai massage and/or other optional body treatments and/or wellness activities.
- You'll take conscious responsibility for yourself.



Location

For this program we use our Townhouse Villa-Asia location and environment located at The Pavana Chiang Mai Resort and the Spa Resort Residences as our base. Located in amphur Mae Rim, Chiang Mai, Northern-Thailand.



having your mindful break.



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The Pavana Chiang Mai Resort is one of the top 10 detox resorts in the world (Fox News 2012). The unique place where you learn how to... look better, feel stronger and live longer!



You'll find more information on our Captijn Insight website: <http://www.captijninsight.com/en/about-captijn-insight/captijn-insight-location.htm> .

Want to have a short movie impression?

<https://www.youtube.com/watch?v=mTckIFFF4XI>

Our guests, basically, stay in a Pool Deluxe Room. A Pool Deluxe Room comes with a king size bed or two single beds. The Pool Deluxe Rooms on the ground floor have direct access to the swimming pool and sun bathing area. The rooms on the first floor have a spacious private balcony overlooking the gardens and the free-form swimming pool.

Clearing/Cleansing information

The physical body (Cleansing Fast Information)

The cleansing fast program works as a healing mechanism. It starts working at full potential after 24 – 36 hours without the intake of food. Instead of this you get detox drinks, supplements, special soup and, before going to sleep a flora grow.

The body switch to “detoxification mode” and removes parasites, toxins and potentially cancerous cells. This waste materials is then duped into the bloodstream for excretion through the liver, colon, lungs and skin. A tired and week feeling experienced during the first days are due entirely to the presence of these toxins and other waste matter waiting to be excreted. Not the lack of food. You will not get physically hungry at all.

The cleansing fast will remove large amounts of toxic and waste materials from your system and most of the time also promotes the loss of many kilo's of putrefied matter and fat (colema board). This will enable your body to begin to re-build and rejuvenate, thus giving you more vitality and help

prevent further illness. More info and step-by-step instructions you will get during the program.

The mind

Get insight, stop or at least diminish suffering, let go and start blooming again.

This part of the program is custom made and related to a personal theme you want to work on/want to let go. After sign in for this retreat you will be asked to send us information about this theme in advance.

You discover, get insight, learn and develop. We work with personal (life) coaching, Buddhist philosophy and mind science. There is no debate but only dialogue in this sessions. Sometimes we make use of short movies or acting to make things more clear. Most of the time there will be a connection with mindfulness and awareness and the meditation sessions during your retreat as well.



Rough draft day by day program

Check-in, welcome and opening

Program day 1 (Friday):

- Pick up Chiang Mai Airport or centre of the city.
- Hotel room check in (available 2 PM).
- 03.00 PM Start of the program. Meeting with the host, introduction and explanation of the program and your workbook.
- Introduction temporary Captijn Insight / The Pavana Chiang Mai resort living area.
- Intake hearth coherence and bio feed-back in the evening (Stress / tension level).

Pre - cleansing (preparing) body and mind

Program day 2 (Body and mind pre-cleans)

- Introduction to meditation
- Physical pre-clean
- Mind pre-clean (deepening theme)
- Holistic health and time balance
- Instruction about the body Cleansing Fast and colema board.

Clearing and cleansing body and mind process



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Program day 3: (Body and mind clear & cleans)

- Meditation / breathing / relaxation
- Day 1 of body cleansing fast
- Mind-work / personal theme

Program day 4: (Body and mind clear & cleans)

- Meditation / breathing / relaxation
- Day 2 of body cleansing fast
- Mind-work / personal theme

Program day 5: (Body and mind clear & cleans)

- Meditation / breathing / relaxation
- Day 3 of body cleansing fast
- Mind-work / personal theme
- Body re-balance movement

Program day 6: (Body and mind clear & cleans)

- Meditation / breathing / relaxation
- ½ day of body cleansing fast
- Mind-work / personal theme
- Labyrinth work

After cleans and body and mind connection

Program day 7: (Body and mind clear & cleans)

- Meditation / breathing / relaxation
- After cleans body cleansing fast
- Mind-work / personal theme
- Body and mind connection
- Hearth coherence and bio feed-back.

Program day 8 (Friday): (Letting go and farewell)

- Meditation / breathing / relaxation
- Exercise the feeling of letting go
- Evaluation
- Farewell

Terms and Conditions

The program, guided in English (or Dutch) and is 8 days / 7 nights. With the exception of the day of arrival and the day of departure our activities are spread over morning, afternoon and evening.

The program starts at 3 PM on Friday and will be finished around 11 AM the next Friday.

The program is free of alcohol and (basically) also smoke free. We kindly ask you to give your mobile phone and other supporting media equipment throughout the whole retreat also a seven days rest.

Of course we will ensure that you (for exceptional cases) are accessible for the 'home front'.

Basic principle for **all** our programs and courses is that you have a good physical and mental health and a reasonable condition.

Especially joining the physical detox part (under auspices of The Pavana Chiang Mai Resort) of our program be advised that your health is your own responsibility. Captijn Insight and The Pavana Chiang Mai Resort do not profess to be medical authorities or advisors. Should you have any doubts about your health, medications or any pre-existing conditions, please contact your medical practitioner first. Ladies are advised not to join this program during their period. Have any other / more questions? Please contact us.

Who is hosting?



Frans Captijn is guiding and hosting this retreat. Frans, born in Haarlem-NL in 1957, originally was a manager and CEO in (international) Crises

and Disaster organizations for over 30 years. He is the founder of the Captijn Insight (before Villa-Asia) concept.

His mission is to help people and organizations in a creative way to discover their authentic approach to adapt, grow and transform in the present world. So they can fulfill their mission and 'live life' freer, lighter, with more fun, awareness & engagement.

His experience, background and education he got in the hospitality branch, as an international constructional engineer, in Crisis and Disaster management and in his private life. He is skilled in personal leadership & development, organizational development & change, hosting leadership, acting, meditation and life- & talent-Coaching. He is author of the (Dutch) book: 'Search for personal mastery'.

During this program, for the physical body cleansing fast, he gets specialized and qualified assistance of The Pavana Chiang Mai Resort health director and his staff.

Investment

This special and very inspiring program asks an investment in time, energy and money. Participation costs are 68.000 Thai Baht per person (based on a single use of a Pool De Luxe Room). For couples who use one room or sharing a room, 57.500 Thai Baht per person. (Check <https://www.google.com/finance/converter> to find the actual price in your own currency. Money transfer costs for you).



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50% payment at subscription,
50% payment 30 days before advance.
Amounts indicated are *without* a return flight.
Extra treatments on your own costs.

Included is:

- Retreat program as mentioned in this brochure and stay in accordance with Captijn Insight formula 'What's included' (<http://www.captijninsight.com/en/our-programs/what%2527s-included%253f.htm>).
- pick-up and return service from and to Chiang Mai international airport or centre of Chiang Mai.
- 3,5 days guided body Cleansing Fast program including: detox drinks, supplements, liver flush drinks, broth soup, coconut water, carrot juice and flora grow (as mentioned in the specific detox program).
- 60 Minutes traditional Thai massage, 60 minutes abdominal released massage, 30 minutes Thai herbal steam room.
- Personal workbook.

Note: Be aware there is some preparation to do at home to prepare yourself for our challenging program and to "Pre-cleanse" before the start. Also our work-agreements have to be signed in advance. You will get all this further information in time.

In case of obstruction:

You can give the paid participation, in consultation with us, to somebody else. Is this no alternative cancellation is possible until 30 days before start of the program. In this case an amount of 34.000 Thai Baht p.p. cancellation fee will be charged. Cancellation after this date amount will be not refunded.

Want to know more?

Please contact us
via: captijninsight@gmail.com



Clean and clear your body & mind (again).

Let go! Feel warm welcome to join.