



CARTAGENA HEALTH RETREAT

Rebuild your body and mind from the inside out - we show you how.

Repairing the human body and mind is more simple than you think. We explain why so many people have problem health challenges. From there we can get in touch with the inner strength to dig deep and take the correct actions to self heal. One of my mentors said, "It's simple but not easy." It's not easy because there are a lot of core habits and beliefs we have to access and re-program. Our program is unique and completely different from anything else out there. Stay in a historic villa. Our day starts with centering in the 481 year old Colonial walled city and over 14,000 years of ancient wisdom left by the indigenous natives. Understanding why we eat what we eat is the pre-cursor to our amazing program. We use natural ingredients in our meals, fresh juices, massages, indulge in yoga then dig deep into our permanent reprogramming sessions.