



- Detox Yoga:** Asanas that increase blood circulations, stimulates the detox organs Liver and Kidneys. Special breathing techniques to support the release of toxins and negative emotions.
- Relax Yoga:** Asanas that support relaxation, calming body & mind. Special breathing techniques that support calmness and relaxation on all levels.
- Dream Journey:** Travel inside yourself to that inner place of peace and healing, supporting your goal to detox and release/dissolve all negative aspects.

**COST of your private sessions are: 100.000 Rp per hour of consultation with Sandra Ettelt.**

*Our Detox-Products are available at Shangrila: ULTIMATE CLEANSE & BARLEY GREEN*

On a daily basis our digestive system is faced with the difficult task of not only breaking down and absorbing our food, but filtering harmful chemicals and toxins found in our water and food supply as well. Ultimate Cleanse offers a unique, 2-step program that gently works through the digestive tract with the body's own internal systems to cleanse and detoxify.

The two formulas in Ultimate Cleanse are Multi-Herb Digestion & Detox Support and Multi-Fiber Cleanse. Each product contains proprietary blends of nutrients, designed to be taken together for best results. **The cost is 550.000 Rp for the herbal program per box which contains both formulas.**

**Part 1: Multi-Herb Digestion & Detox Support:** This formulation contains a proprietary blend of herbs traditionally used to support digestive function. This unique combination of botanicals works together to support optimum health and a feeling of rejuvenation.

**Part 2: Multi-Fiber Cleanse:** Nature's Secret Multi-Fiber Cleanse includes a variety of fiber sources and complementary herbs to support colon detoxification and help promote 2-3 bowel movements per day. This proprietary blend of ingredients supports the body's own natural cleansing functions. It is designed to promote healthy digestion and elimination.

*Additionally we offer the amazing **BARLEY GREEN POWDER:** (cost is 30.000 Rp per glass)*

**Click here for information on Barley Green Powder in English: [Click here](#)**

**Um Information zum heilsamen GERSTEN SAFT auf Deutsch zu lesen: [Hier klicken](#)**