



## [5 Days Juice Cleanse and Yoga Detox at Prama Institute in Asheville – North Carolina](#)

[Our 5 day juice cleanse & yoga program is a very popular retreat.](#) You will feel refreshed and revitalized when you leave our center. It is a great way to cleanse in a supportive environment. You will enjoy 3 full days of liquid fasting, two days of delicious and detoxing meals, workshops, private health consultations, group support, daily yoga and meditation classes. Our retreats are held in our beautiful retreat center with private and semi-private rooms, hot tub, sauna, and walking trails, and it is only 20 mins from Asheville.

Our 5 day detox program will give your digestive system a well deserved vacation. You will free up energy to heal. You will feel more energized and nutritionally satisfied. Why? Simply

because raw juices are brimming with nutrients—they are full of vitamins, minerals, enzymes and healing phyto-nutrients.

For those that would like a deeper cleanse, you can arrive early, stay later, or come separately for an individualized stay.

This yoga detox program is designed to create better health and relaxation. It is especially designed for those who want to feel more energized, struggle with weight problems, need help kicking bad habits, want to eliminate toxins, or simply wish to feel less stressed. The usual method to achieve better health is to heal various ailments, to focus on what is wrong with us and then treat the symptoms. But in our programs, we build better health by creating an environment where problems and imbalances simply do not thrive. Together we create a higher frequency of being where optimum health arises naturally. That's the power of our holistic rejuvenation program. That's the effectiveness of simply combining juice fasting, yoga therapy, power foods and meditation. This comprehensive program will teach you simple, effective techniques to take charge of your own health.

In this program, you'll receive much more detailed training and experience than during our weekend programs. It may even transform your life. Dr. Linda Page, author of the book *Detoxification*, and many other health experts recommend a week long detox and rejuvenation program once a year. Combined with yoga and meditation, such a program can unlock the secrets to vibrant health. And that's what this retreat is all about! The solutions to preventive health are quite simple! This program will teach you all about them!

Here is a podcast [Episode 001 – The Benefits of Juice Fasting](#)