

Raw Adventure Days

Connection with nature, with yourself,
natural healthy living !



Live the experience

We have turned a desert in tropical garden to welcome you in our life style : live food, natural healthy rituals, aromatherapy , training, permaculture, no waste, 100% solar power, 0 chemical product, water recycled. Discover the link between You & Nature.

We will talk about :

- ▶ Human design diet
- ▶ Herbal drink
- ▶ Power of breathing
- ▶ Hot & cold therapy
- ▶ Essential oils using
- ▶ Training for everybody
- ▶ Different kind of fasting
- ▶ Body cleaning
- ▶ Simple life, minimum impact
- ▶ How to be happy

Who : Everyone is welcome, athlete or not !

Why : Raw adventure is an experience to live with nature, listen your body, learn the key to health and happiness !

Week organization

We will discuss all together to set up a week, where everybody get what he wants.

We will share & discuss during stretching, training, meals ... it is an all day live course.

Because we are pro athletes, we will escape few hours for serious training. It will time for you read, walk, swim, relax, enjoy !

Love life & Green the desert !



Day schedule

- ▶ Wake up without alarm, after the sun
- ▶ Dry brushing
- ▶ Essential oil massage
- ▶ Stretching by Mimi & Jacky
- ▶ Morning alkaline drink
- ▶ Experience & knowledge sharing
- ▶ Walk, beach, sea swim, training
- ▶ Afternoon vitality drink
- ▶ Relax, breathing
- ▶ Sleep time 21:30 good recovery

Other possible activities with extra cost : Wales & dolphins watching boat, one night on top of volcano (3200m), colon hydrotherapy, massage, hypoxico tent.

We can also design your personal healthy life style plan.

Include Our experiences & knowledge, also our smile & Energy ! Raw food, eco friendly home & permaculture tropical garden.

Not include all transports

Where	South Tenerife, Canary island
Time	Monday 10:00 to saturday 17:00
Période	March : 11th to 16th, 18th to 23rd, 25th 30th
6 days price	900€ per person 800€ per person if multi registration
Accommodation	Four single bed together in container house.
Participant	2 minimum & 8 maximum

Contact myriam ou jacky
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Physical & mental trainer Master degree
2 x Adventure race world champions
Energetic Thai massage therapist
Natural healthy diet teacher
Life coach, Fasting coach



Welcome in our world
Raw Adventure

Love life & Green the desert !

