Body Reset in Nature

A 3-Day, 2-Night Nature-Based Reset

Cleanse gently. Rest deeply. Return to balance.

Modern life can leave us feeling heavy, overstimulated, and disconnected from our bodies.

Body Reset in Nature is a 3-day, 2-night experience designed to help you slow down, reconnect with your body, and support a sense of renewal through nature, simple nourishment, movement, rest, and traditional cleansing-inspired practices.

This journey invites participants to step away from everyday habits and enter a more intentional rhythm — one that supports physical lightness, mental clarity, and a deeper awareness of the body's natural needs.

Set in a supportive natural environment, the experience may include clean and nourishing food, mindful rest, gentle movement, cold-water or ice-water practices, breath awareness, and carefully guided fasting or cleansing-inspired elements where appropriate.

Rather than forcing the body, we create space for it to reset in a more natural and supportive way.

What the Experience May Include

- Time in nature and a slower daily rhythm
- Clean, simple, nourishing food
- Traditional cleansing-inspired fasting practices
- Body awareness and gentle movement
- Cold-water or ice-water experiences
- Rest, sleep, and recovery
- Breath awareness and mindful presence
- Reflection and intention-setting

Our Approach

This experience is not about extremes or punishment.

It is about giving the body and mind an opportunity to pause, reset, and return to greater balance through supportive practices and a more conscious way of living.

Participants are encouraged to listen to their bodies and engage at a pace that feels appropriate for them.

Who Is It For?

This experience may be suitable for those who:

- feel physically or mentally overloaded
- want a break from everyday habits and routines
- are curious about natural wellbeing practices
- wish to reconnect with the body through rest, nature, and awareness
- are looking for a simple but meaningful reset experience

Experience Format

3 Days · 2 Nights

A guided small-group experience that may include:

Day 1 — Arrive & Release
Arriving in nature, settling the body, slowing down, and beginning the reset process.

Day 2 — Cleanse & Reconnect
A deeper day of body awareness, rest, supportive practices, and time to reconnect with yourself.

Day 3 — Awaken & Integrate
Gentle activation, reflection, and carrying the experience back into everyday life.

Important Note

This experience is intended as a wellbeing and lifestyle-based retreat, not medical treatment.

Fasting, cold-water exposure, and other practices should be approached with care and may not be suitable for everyone. Participants are encouraged to consult appropriately and inform facilitators of any health concerns before joining.

Enquire About This Experience