"The Top of the World"
Rejuvenation & Massage Center

(located at the **San Juan Motel)**
191 E. Pagosa
Pagosa Springs, CO

Ayurvedic "Pancha Karma"
4-Day Detoxification
&
Rejuvenation Retreat
(Thursday – Sunday)

$679 Retreat & Lodging
$449 Retreat Only

Require 25% Deposit in Advance

Thursday evening Orientation

4 Nights comfortable lodging (San Juan Motel)
Cabins are available for up to 8 people for Additional Price.

2 meals a day of a cleansing Ayurvedic Diet

(3) Pancha Karma Massages (1/daily)
Daily Visits to Healing Mineral Waters of Pagosa Springs to Detoxify and to Relax!!
Infra-Red Sauna Detoxification
Jacuzzi at Center to Soak
Daily Classes for Ayurvedic Learning

(2) **Personal Consultations** with Kim Johnson to learn about your Ayurvedic body type and to set goals for your Retreat Wellness and Ayurvedic Healing Regimen.

(1) **Private Transformational Session** with Victoria Liljenquist to assist you with your Personal and Transformational growth, emotionally and mentally, for greater joy and inner peace. (Helpful for addictions)

Yoga, Meditation, Nature Walks

Join Kim Johnson and Victoria Liljenquist for an "enriching" Retreat in the pristine environment of the majestic San Juan Mountains in Pagosa Springs, Colorado. As we grow older, disease producing toxins tend to deposit in our body's deep tissues. In times of stress and strain, these toxins migrate out again into our general circulation, causing a variety of illnesses. Throughout our lives, this cycle is repeated. The Ayurvedic cleansing process of Pancha Karma consists of specialized massage, the use of saunas and herbal therapies, expelling these toxins once and for all, thus giving a person the radiant health and longevity that is our inherent birthright.

Come and partake of this ancient, rejuvenating therapy and realize a healthy, joyful existence.

The Ancient Healing Therapies of Ayurveda have benefited mankind for Centuries. Pancha Karma is a Rejuvenating modality unequaled in the three worlds, consisting of: *Massage Therapy, *Dietary Regime
* Detoxification in Healing Mineral Waters,
*Meditation, high thinking, plain living and *"Soulful Expression"* of our radiant nature. Ayurveda is truly the mother of all healing sciences.

Kim Johnson, a practitioner in the Healing Arts for over 32 years has an extensive background in Ayurvedic Medicine. Presently Kim is the Ayurvedic Instructor at the Northern New Mexico College in Espanola, NM and has served as the Administrator and on the Board of Directors of The Ayurvedic Institute in Albuquerque, New Mexico. Kim's knowledge of these great pearls of wisdom has enhanced many lives.

VICTORIA LILJENQUIST, a featured guest on international TV and Radio, and Lecturer has dedicated 30 years to the Healing Arts as a Certified Licensed Massage Therapist and Clinical Hypnotherapist providing a specialized technique designed for each individual's needs. As an intuitive, Clair-audient, and Clairvoyant, Victoria will tune into your special needs: physically, mentally, and spiritually.

TRANSFORMATIONAL SESSION

You will experience clearing the past and claiming your full potential as you unify your subconscious and conscious mind for greater joy, empowerment, and well being. Utilizing Hypnosis techniques, Victoria will teach you how to continue your "self-healing" after the retreat to further assist you to discover new answers and keys of within you. Hypnosis takes you into a relaxed and peaceful state. The desires, goals, and needs are established, and then integrated within the subconscious mind. This therapy is very successful for life changes addictions, and depression.
Victoria's Healing CDs available.

Beautiful Pagosa Springs

Reserve Now
Call Today: 970-731-1641

Paypal Accepted – send money to:
Email: victoria@victoriaslight.com

Check Payable to:

Victoria Liljenquist,
P.O. Box 3836,
Pagosa Springs, CO 81147

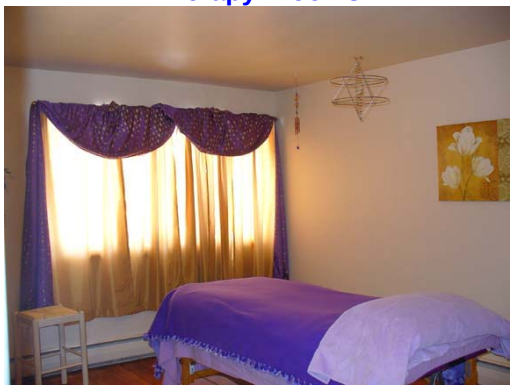
Cash, Check, Paypal Accepted

Email: victoria@victoriaslight.com

Kim Johnson	**(970) 883-3375**
Cell:	**(970) 946-3320**
Victoria Liljenquist	**(970) 731-1641**
Cell:	**(602) 361-1668**

Rejuvenation Center

Therapy Rooms



Dining Area

Ayurvedic "Pancha Karma"
4-Day Detoxification
&
Rejuvenation Retreat
(Thursday -Sunday)

Top of the World
Rejuvenation & Massage Center
191 E. Pagosa

Know True Health
& Quality Longevity

INCLUDES:

Daily Pancha Karma Massage (3)
Special Cleansing Diet (2 meals/day)
(2) Personal Ayurvedic Consultations
Nutritional Guidance

Daily Detoxification in Hot Springs
Infra-Red Sauna and Jacuzzi

(1) Transformational Consultation

Daily Meditation & Yoga Exercise
Nature Hikes and Star Gazing

*** Lodging (optional)**

With

Mr. Kim Johnson
Ayurvedic Practitioner, LMT

Victoria Liljenquist
Clinical Specialist, CCHT, LMT

RESERVE YOUR SPACE NOW!!
(970) 731-1641