

# Yoga Detox Retreat in Desert Hot Springs, California

HEALING YOGA AND DETOX RETREAT WITH WARM  
MINERAL SPRINGS WATERS

## Healing Yoga and Detox Retreat in Desert Hot Springs, California

All-inclusive yoga and detox retreat at a private wellness center in the Southern California area of Desert Hot Springs featuring guided yoga and meditation daily; swimming and soaking in warm mineral springs waters; hiking at Joshua Tree National Park; and delicious, purifying foods and beverages.

Yoga consists of Hatha (*Vinyasa, 26-and-2 and Tantra*) yoga classes, Chakra focused meditation and a look at Mitahara yoga and the art of mindful eating. On-site spa and beauty services are also available for all attendees throughout the retreat. Visit [www.diaita.yoga](http://www.diaita.yoga) or email [love@diaita.yoga](mailto:love@diaita.yoga) for more information and book requests.



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## Retreat Highlights

- Guided yoga and meditation daily
- Healing, detoxifying and rejuvenating practices
- Nature walks and excursion activities (Joshua Tree National Park visit and hike included)
- Nutritious foods and beverages
- Overnight accommodation at retreat wellness center
- Yoga asana mechanics \*with posture modifications as need be for any existing injury or limitations
- All experience levels welcome, yoga and detox first time beginners included

## All Experience Levels Welcome

- Beginner
- Intermediate
- Advanced

## Yoga Styles

- Hatha
- Vinyasa / Flow
- Bikram Method
- 26 and 2 Series
- Mitahara
- Tantra

# Retreat Intent

- Detox
- Movement
- Self Love
- Empowerment
- Gratitude



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# Retreat schedule and practice program

Guided yoga and meditation practice multiples times daily as a group with a mix of Hatha, Flow/Vinyasa, Bikram 26 and 2 and Tantra yoga asanas (as well as Mitahara yoga and mindful eating disciplines). All foods, teas, juices and waters are included and provided throughout the retreat.

## **SAMPLE SCHEDULE BY DAY (FOR A 4-DAY RETREAT)**

### *DAY 1*

4:30PM Arrive and Check-In  
5:30PM 60-Minute Desert Yoga (26+2 series)  
7:00PM Fruits and Tea  
7:30PM Dinner and Discussion  
8:30PM Free personal time  
10:30PM Bedtime foods

### *Day 2*

8:30AM Morning Fruits  
9:00AM 60-Minute Desert Yoga (26+2 series)  
10:30AM Breakfast and Discussion  
11:30PM Free personal time  
1:30PM Lunch and Discussion  
2:30PM Group excursion to Palm Springs  
4:30PM 60-Minute Desert Yoga (26+2 series)  
6:00PM Fruits and Tea  
7:00PM Dinner and Discussion  
8:30PM Free personal time  
10:30PM Bedtime foods

### *Day 3*

8:30AM Morning fruits  
9:00AM 60-Minute Desert Yoga (26+2 series)  
10:30AM Breakfast and Discussion

11:30PM Free personal time  
1:30PM Lunch and Discussion  
2:30PM Group Fasting Practice  
3:30PM Visit to Joshua Tree National Park \*with sunset meditation  
6:30PM Restorative Yoga and Meditation  
7:30PM Free / personal time  
9:00PM Group Meditation

#### *Day 4*

8:00AM Morning Yoga and Meditation  
9:00AM Breakfast Foods and Closing Ceremonies  
11:00AM Retreat checkout

#### **INCLUDED RETREAT AMENITIES**

- Unlimited warm mineral springs water soaking
- Joshua Tree National Park sunset hike / visit
- Palm Desert sunrises and sunsets
- Delicious food discoveries

*\*All times local Desert Hot Springs (PT) time*

*\*\*Retreat stays can be modified longer/shorter than 4 days as desired*



## Retreat foods

All of the foods and beverages served and provided during this yoga and detox retreat are organic, whole food and plant-based featuring delicious fresh fruits, vegetables, wild foods, spices and herbs.

**THE FOLLOWING MEALS ARE INCLUDED**

- Breakfast
- Lunch
- Dinner
- Snacks

**DIETARY REQUIREMENT(S) CATERED FOR**

- Whole food
- Plant-based
- Vegan
- Detox
- Ayurvedic
- Yogic



## Retreat accommodations

This Desert Hot Springs Yoga Detox Retreat comes inclusive with overnight lodging accommodations at a private wellness property that we have all to ourselves for the retreat.

Please note that spaces are limited with each retreat so we encourage all interested to contact us with any questions or booking requests to ensure availability for set dates.

### **LEARN MORE ABOUT RETREAT ACCOMMODATIONS**

Do you have any questions regarding the accommodations for this Yoga Detox Retreat in Desert Hot Springs? Send message to [love@diaita.yoga](mailto:love@diaita.yoga) to learn more about this retreat and the accommodations available for specific retreat dates.

## Retreat location and transportation

This yoga detox with warm mineral springs waters retreat is located in the Southern California Palm Desert town of Desert Hot Springs, California, USA near to Palm Springs, Joshua Tree and other popular Coachella Valley locations.

### **HOW TO GET TO THE RETREAT IN CALIFORNIA**

#### **Airplane**

Palm Springs International Airport (PSP)

#### **Automobile**

Search [GoogleMaps](#) for driving directions to Desert Hot Springs, CA and nearby travel landmarks

## Retreat instructor

**Scott Schroeder**

A certified yoga instructor with a passion for world health and wellness, Scott shares his experience with weight loss, yoga and meditation, intent on helping others to live conscious lives full of love and compassion and free of illness and disease. Depending on retreat dates, additional guest teachers may appear as well. Updates will be provided as dates and details are confirmed.

## Ask the Instructor

Have questions about this retreat that you would like to discuss with the retreat instructor? Send a direct message to Scott via [scott@diaita.yoga](mailto:scott@diaita.yoga) to learn more about this yoga and detox retreat.





# Retreat details and inclusions

## WHAT'S INCLUDED IN THIS RETREAT

- 3 nights lodging accommodation at private warm mineral springs water resort and spa
- 8 yoga and meditation sessions with options for more
- All yummy retreat breakfasts, lunches, dinners, and beverages
- Uplifting and perhaps inspiring group discussions
- 4-day guided yoga, detox and meditation retreat
- Unlimited, 24hr access to on-site warm mineral springs water filled hot tub and pool
- Free on-site parking
- Free WiFi
- Free retreat gift <3

## WHAT'S NOT INCLUDED

Airfare is not included (but here are some [cheap flights](#)) and, transportation to and from the retreat resort on the first day and last day are not included but there are local taxi services available in the area and we can certainly help to provide additional information and assistance as needed.

## CANCELLATION POLICY

100% payment required for each retreat reservation to be booked and reserved  
-Deposits are non-refundable if the booking is canceled but credits can be made available for future retreats

## THINGS TO DO (OPTIONAL)

We are staying a natural, **warm mineral springs water resort and spa** with our own hot tub and pool so there will likely be lots of extra relaxation and purification in the healing, warm mineral springs waters. There are popular travel destinations nearby like Joshua Tree National Park and Palm Springs.

And additional retreat spa and beauty services like massages, body treatments and facials are available on site and can be scheduled for all retreat attendees in Desert Hot Springs.



## Results to expect from this retreat

You will be guided daily through yoga, detox and meditation and nourished with cleansing foods and drinks and all of the dipping and detox in California warm minerals springs waters that you can sit through (and/or swim in).

All of the practices and activities throughout this retreat are designed to detoxify and purify the body (and mind) through a healthy *diet* of yoga, meditation and healing foods.

### **WITH THIS RETREAT YOU WILL HELP TO**

- Detoxify and purify your body
- Lose excess weight
- Improve your digestion
- Increase your energy and stamina
- Alleviate body aches and pains
- Enhance your sleep quality and duration
- Clean and clear up your skin
- Naturally cleanse and hydrate your self
- Discover new yoga postures and insights about your body
- Learn more about human nutrition, foods and cooking



## Warm Mineral Springs Waters

For centuries now, hot mineral springs waters have been utilized by natural health practitioners throughout Japan and Europe and, we are ever Blessed to have ourselves some said hot mineral springs waters on this of the globe (in the United States of America).

Although Florida certainly holds its weight in hot springs waters of the United States, **California** is a without a doubt a top travel destination for explorers around the world seeking healing, heated mineral springs waters.

With world famous locations for hot springs in California like *Harbin Hot Springs*, Wilbur Hot Springs, Orr Hot Springs, Vichy Springs and Indian Springs, travelers can fully explore the big west coast state and visit new-different spots all year long.

Come bring **your yoga holiday and self care retreat experience** to another level with this healing warm mineral springs waters of Southern California retreat here in Desert Hot Springs. [Now booking retreats in California →](#)