

3 DAYS KITCHARI CLEANSE



retreat - reset - reflect

€ 65,-/person -> 3 days

Tuesday, October 11th - Thursday, October 13th
&

Tuesday, November 15th - Thursday, November 17th

Including 6 delicious, organic & seasonal meals (2 per day)
Kitchari is prepared in different ways (suitable for all body types) with various kinds of dal, rice, veggies, plus tea, and digestive shots.

The container for transport will be a stainless steel tiffin which will require a € 25,- deposit.

Bringing your own suitable container is absolutely welcome.

Pick up (every day fresh)

Between 12-13 o'clock at the kitchen

Tussen de bogen 37/Amsterdam

Delivery € 15,- (3 deliveries, possibilities to be discussed) between 13-14 o'clock.

Water kefir is brewing for an extra gut boost.

€ 3,-/ 500ml (homemade & juicy)

TEL.: 06/41567811

#GOLDENLIFEKITCHEN

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