



take a load off your mind

Mind Detox immersion retreat in
the French Pyrenees

Renew



Revive



Transform

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What's a Mind Detox?

A Mind Detox immersion is an opportunity to step away from the demands of your day-to-day life, and explore an understanding of the mind that is transforming lives the world over.

You'll experience a deep dive into the inside-out nature of the mind, taking unnecessary thinking off your mind, and leaving you with a renewed and profound sense of peace, inner strength and resourcefulness.

This understanding has helped people from all walks of life to navigate life's ups and downs with less stress and drama and more ease and grace, revealing the pre-existing resilience and peace of mind that is available to all of us, regardless of background, experiences or mental health diagnoses.

Is it for you?

Let's see...

Do you want to:

- Be yourself, rather than putting on a face for the world?
- Discover your inner buoyancy - know *without doubt* that you are resilient whatever happens and however you feel?
- Free yourself from stress and anxiety, finding calm and clarity without willpower or techniques?
- Feel a true sense of peace about circumstances in your life you find distressing or stressful, but can't change?

If you answered "yes" to any of those, then a Mind Detox immersion may be exactly what you're looking for. While everyone's experience will be different, all of this and much more is possible when we start to understand the inside-out nature of the mind.

For an initial conversation and to reserve your place, or for more information, please contact: transform@insideoutchange.co +33 6 37 25 62 61



What will we do?

We'll spend four days together, exploring and uncovering the innate potential and wellbeing that is in all of us. Alongside your sessions, you will have plenty of time to yourself to reflect, and to discover the surrounding area.

Where will we be?

Ax-les-Thermes is a thermal spa, market town and ski resort tucked into a valley in the Ariège Pyrenees of southern France. Relax in the thermal pools or take a walk around the town and gardens and the weekly market. For those who enjoy getting out in nature, the surrounding mountains and nature reserve offer wonderful walks and other leisure activities according to the season.

Your guide

Vivienne is delighted to be able to share this time with you in the beautiful place she calls home.

A committed lover of the Pyrenees and of France, and determined shedder-of-light on the misunderstanding of the mind that's behind all the world's man-made problems, Vivienne's passion is to help as many people as possible unburden their minds and awaken to the potential that lives within all of us.



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What's included

Your Mind Detox immersion includes the following:

Four days' guided exploration, one-to-one

One follow-up coaching conversation post-immersion

Pick-up from Ax-les-Thermes railway station on arrival if required, to transport you to your accommodation

Please note:

Meals, accommodation and transport to and from Ax-les-Thermes are not included in the price of the Mind Detox immersion.

Your investment

For your four-day, life-changing immersion experience, and follow-up coaching conversation, your investment will be £2995.

This Mind Detox can also form part of a 12-month transformation programme. Please enquire for details.

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