



SVARGA LOKA
RESORT

A New Lease On Life

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www.svargalokaresort.com



DISSOLVING EATING DISORDERS

Eliminates irregular eating habits and severe distress



Nigel McFarland,
body-based psychotherapist
and hydrotherapist and
specialist in digestive &
eating disorders.

This is for you if you are finding life stressful, suffering from self-hatred or body image struggles.

Eating Disorders are characterized by

- irregular eating habits
- severe distress about body weight or shape
- inadequate or excessive food intake

Our program starts to address the underlining issues like emotional pain, guilt, shame or various developmental traumatic experiences which is woven into our bodies... which in-turn, we have a difficulty being with these sensations and really, a deep struggle in being able to be with ourselves.

Within our program we introduce new ways to regulate, connect and accompany you at your pace, to feel into these feelings, experiences and parts of you that you have found unlovable.

Svarga Loka, the home of this retreat, offers luxury accommodation, alongside a cutting edge wellness clinic, a Balinese spa, yoga and meditation halls and much more.



Programme Date
1 - 31 July, 2017

Programme only	10 days	4,700 US\$
	14 days	6,600 US\$
		master suite
Dissolving Eating Disorders Program including room + all detox meals	10 nights	8,000 US\$
	14 nights	11,200 US\$



A stepping stone to the true source of wellbeing

Contact Details

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