

LIVE THE PROCESS

A Baja Retreat at Rancho La Puerta

February 24, 2020



My name is: Dr. Michael Finkelstein.

I'm known for being: Program leader for Rancho La Puerta's Detox and Cleansing Retreat for a Healthier, Longer Life.

I was drawn to this spot because: Of its healing environment. It's the intention of what's been created here over eight decades, starting with the inspiring work of co-founder Professor Edmond Szekely (beginning in June of 1940) and what is now being carried forward by his daughter, Sarah Livia Szekely Brightwood.



This retreat is special because: The combination of a well-designed program in this healing environment is unmatched. Most detox programs focus on the body alone, but, at Rancho La Puerta, the program is designed for total transformation of the body, mind and spirit—down to the metabolic and cellular level.

One thing you can't miss is: A combination of the education, support, attention to each participant and the inspiration to take the program home with you. At the end of the retreat, life literally feels more clear and brighter, and your spirit feels lighter!

My favorite secret detail is: The evening treats left at turndown service every night are a welcome surprise.



Your body will thank you because: You will feel 10 years younger in just seven days of cleansing.

I never retreat without bringing: My amulet. It reminds me of my teachers and my friends.

Detoxing should be part of your process because: Of the renewal that happens from the deepest recesses of your being.

