

A Taste of Hippocrates...!!
Detox day, the Secrets of Rejuvenation, Longevity
and Passion for Life.

15 April 1st, 10 am to 4.30 pm €120
Venue : Bodhana Wellness Centre, Puerto Portals

A day to Relax, Nourish, and Pamper your Body, Mind and Soul.

Programme.

- * Demonstration & Samples of organic juices that Detox your Liver.*
- * Learn how to Make the Green Organic Juices full of Life and Energy (the Hippocrates Way) that will enable you to achieve vibrant health !!!*
- * How to use Reflexology Massage to Eliminate Toxins from the Body.*
- * Experience the Power of Breath through Meditation of the Chakras*
- * Explanation of the Healing Powers of the Elements, Earth, Fire Air & Water.*
- * Learn the Techniques of Rejuvenation and ways of Reversing the Aging Process*
- * You will learn how to Reduce and Eliminate the following,
body pain, bloating, constipation, dark circles under the eyes, broken and brittle nails and hair, menstrual disorders, acne, and so much more!*
- * Demonstrations of how to use a rectal Implant*
- * The Benefits of Dry Skin Brushing*



Introducing Living Foods to your Body, You can Achieve Radiant Skin , Clear Eyes, Abundance of Energy, Happiness, Love for Life. Feel Vibrantly Alive!!!!

This day will change your life forever!!!

For Registration & Information,

call Beverley +34 971-67 64 69 / +34 629 86 77 85 www.bodhana.com

**Please pay in full before the 30th March.*

What to bring : Please wear comfortable relaxing clothes a yoga mat or similar would be advisable , blanket or wrap and warm socks

beverley pugh is a certified hippocrates health educator, living foods life style coach and alissa cohen certified chef and instructor, rebirther, reiki master and reflexologist.