

Regular Monthly Well-being Talks

-by a certified Holistic Health Coach, Life Coach and Habit Coach

Come along and learn tips and simple strategies about how to adopt new habits and rituals that give you more energy, radiant skin, vibrant health, and make you feel good in your own skin so you can fully enjoy your life.

- Regular Monthly Well-being Talks at Yoga Akasha
- Resolve digestive issues
- Allow your body to better assimilate nutrients from your food
- Have more energy and focus
- Prevent weight gain -Reduce toxic build-up
- Tune into your body's cues and signals
- Prevent or reverse chronic diseases such as depression, type II diabetes, heart disease and obesity

Join Alena for talks and workshops where she will show you how you can connect with the healthy, vibrant, beautiful and alive version of you.



Cost: £10

Time: 1pm – 2pm

Dates:

January 19th New Year's core restart: restore holistic balance

February 9th Optimise your digestion

March 9th Spring is coming; Fantastic time for a reset cleanse

Put the following Saturdays in your diary and come along for an insightful and inspirational talk about healthy lifestyle:

Love yourself x

Alena, Holistic Health Coach

For more information email AvocadoAndBeyond@gmail.com or call 07598 356 352

For more tips on healthy living visit [Avocado And Beyond](https://www.facebook.com/AvocadoAndBeyond) 

Yoga Akasha

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