

**Cleanse Your Way to Better Health & Wellbeing Plus Weekly Yoga Class!  
Find Your Perfect Weight!  
2 Upcoming Group Programs  
Group Cleanse + Yoga Class starting Saturday January 7<sup>th</sup> at 9:00am.  
Meeting Weekly for 4-weeks  
Your Perfect Weight Continuing after Cleanse for 8 weeks**

**Cleansing is a powerful and effective way to:**

- Detoxify your Body & Mind
- Restore Balance and Vitality
- Balance Body pH and Weight
- Enhance Energy & Overall Health
- Implement Healthy Lifestyle & Dietary Practices



**During this 4-week Cleanse you will:**

- Learn simple yet powerful tools to change your relationship with food, your lifestyle and health dramatically!
- Facilitate greater balance, healing, vitality and health through Raw Foods, Juicing & Superfoods
- Utilize Ayurvedic Principles & Lifestyle Modifications for Balance & Healthy Living
- Learn Simple Exercises to support you in gaining better fitness and overall vitality for a busy lifestyle.
- Weekly Yoga class to facilitate more complete cleansing, better mind-body connection and calmness of mind.
- Learn to create your own cleansing and detoxification herbal remedy
- Reshape your routine, overhauling your outlook and transform your intentions into action!

**We will begin the 4-week group cleanse at Lotus Holistic Spa, Salon & Fitness Center on Saturday January 7th at 9:00am. We will meet January 7, 14, 21 & 28th.**

Just \$149 for the 4-week cleanse plus weekly yoga class.

For questions or to reserve your spot call 303-696-1600 or email [candice@alignholistichealth.com](mailto:candice@alignholistichealth.com)

**Cleanse Your Way to Better Health & Wellbeing Plus Weekly Yoga Class!  
Find Your Perfect Weight!  
2 Upcoming Group Programs  
Group Cleanse + Yoga Class starting Saturday January 7<sup>th</sup> at 9:00am.  
Meeting Weekly for 4-weeks  
Your Perfect Weight Continuing after Cleanse for 8 weeks**

**Your Perfect Weight! Find Your Perfect Weight Naturally**

The Perfect Weight Program is a 12-week journey to help you find and live at your perfect weight! The first 4 weeks begin with the cleanse. So start in our cleanse group and continue your journey into Your Perfect Weight. What you learn in these short weeks will change your life forever! In 12 weeks you will:

- Discover your unique bio-chemical individuality & create a diet that is perfectly YOU!
- Learn how to eat seasonally and sustainably!
- Learn to eat without rigid rules, counting calories or any other cumbersome systems!
- Learn how to shop, find & prepare living foods!
- Learn how to set-up a Living Food Kitchen and the basics of Living Food Preparation!
- Increase your health, energy, vitality and outlook on life!
- Find your perfect balance and watch the excess weight disappear naturally and forever!  
Find and live at Your Perfect Weight!
- 

**We will continue into the Your Perfect Weight starting Saturday February 4<sup>th</sup> at 9:00am and continue for 8-weeks following the Cleanse.**

Just \$500 for all 12-weeks!

If you are unable to join us in January then look for an upcoming group cleanse or inquire about our personalized cleansing programs, where you will meet with our nutritional staff personally and have weekly wellness coaching to guide you through the cleansing process.

For questions or to reserve your spot call 303-696-1600 or email [candice@alignholistichealth.com](mailto:candice@alignholistichealth.com)

