



Flexworkshop

**6 Day Detox Program with
Michelle Ricaille**
13- 18 October 2014

Shops 308- 310 One Island South, 2 Heung Yip Road, Wong Chuk Hang Hong Kong
T 2813-2212 F 2813-2281 E info@flexhk.com

www.flexhk.com | *intelligent movement* |

Flex
Studio
| Island South |

Flexworkshop

Holistic Living On and Off the Mat

A unique and highly effective detox program personally designed and developed by Michelle Ricaille.

IN THIS TRANSFORMATIVE DETOX You will be given the proper tools to cleanse the digestive system and liver, the two most important detox organs. Once these organs are cleansed, everything else will start to detox and improve. You will also learn how to de-stress and detox the mind through pranayama and meditation, how food and chemicals affect the body and mind, how to alleviate unhealthy cravings to maintain optimal health and much more. This program will not only allow you to detox safely and effectively, it will empower you to protect you and your family against diseases and illnesses through nutrition.

Schedule

13 Oct 1pm- 2:30pm

14 Oct 2pm- 4pm

15 Oct 2:30pm- 4pm

16 Oct 1pm- 3:30pm

17 Oct 2pm- 4pm

18 Oct 8am- 10:15am

Program Cost **HK\$2,790**

Optional add-on:

Box of organic vegetables with detox recipes \$550

Included In The Workshop

- Herbal Liver Detox Tonic
- Super Food Green Formula Mix
- Premier Herbal Intestinal Detoxification
- Daily lectures and Yoga classes with Michelle
- Comprehensive Detox Manual
- Gut Flourish Probiotics
- Energy Cleansing Stone

REGISTER BY 22 SEPTEMBER TO RECEIVE 10% EARLY BIRD DISCOUNT!

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