



cleansing and rejuvenation programme: special offer*

with Angela Walker

Post Christmas and in the middle of winter, we can all feel a bit sluggish and in need of a boost. So seize those new-year resolutions and follow a three week nutrition based programme to help you cleanse and rejuvenate. Would you like to start the year feeling energised, clear headed, less bloated and with clear skin?

The programme is nutritionally based and designed to clear the body of foods and chemicals you may be allergic or sensitive to, and, at the same time, improve your body's ability to handle and dispose of these substances.

The rationale behind the programme is to allow your body's detoxification machinery, which may be overburdened or compromised, to recover and begin to function efficiently again. This helps the body eliminate or "clear" various toxins that may have accumulated due to environmental exposure, foods, beverages, drugs, alcohol, or cigarette smoking.

You'll receive a comprehensive booklet which includes meal plans, shopping lists, recipes, exercise recommendations and other supporting techniques.

What's included: 1 hour consultation with the nutritional therapist to explain the programme and tailor it to any specific requirements you have, follow up 30 minute consultation to check in at the end of the programme and advise you on how to adapt into a maintenance programme so you don't lose that great feeling!

Angela Walker is a highly qualified nutritional therapist, she works with clients using foods, supplements and lifestyle that suit their individual biochemistry to enhance their health.

*Offer expires 29th February 2012.

Tuesday	chelsea	5.00 - 9.00pm	£125
Wednesday	primrose hill	5.00 - 9.00pm	
Thursday	soho	12.30 - 4.30pm	

triyoga primrose hill + chelsea + soho

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