



Women's Vitality Journey 5 Week Course

Includes: A 10 Day Cleanse & LIVE Food Class
**with Lenore Anderson, MA. Holistic Health Practitioner,
LMT, Clinical Herbalist.**

Join an inspiring group of women and make a commitment to transforming your daily lifestyle for greater health and vitality. Lenore Anderson is your Natural Health Coach and Teacher, providing you with the knowledge and skills necessary to create positive change in your life and the support to maintain it long term.

Intentions for the Course:

- Set clear and reachable goals and enforce them using affirmations and meditation.
- Clear the blocks to addictions and emotional patterns.
- Practice Self Help Acupressure & Qigong.
- Create internal acid-alkaline balance.
- Clear pain, inflammation, and digestive disorders.
- Cleanse and detox your body at a level that works for you.
- Achieve your proper body weight.
- Learn effective food combining.
- Learn how to prepare LIVE Foods.
- Feel energy and vitality in every moment.

5 Week Course Outline:

Week 1: The power of intention, the power of your word, the power of NOW and setting the course for YOUR empowerment journey. Introduction to the book: The Power of Now, by Eckhart Tolle.

Week 2: Body ecology, your role as keeper of your own garden.
Preparation and skills for the 10 Day Cleanse.

Week 3: Understanding the process of Detoxification.
Listening to your body, moving energy with acupressure and Qigong.
Making clear choices for your health & vitality in the NOW.

Week 4: Live Food Class: Energizing Soups & Smoothies, EZ meals and delicious live food treats.

Week 5: Walking the Talk. Transformative Shamanic Journey and energy work.

Course Tuition:

5 Week Journey and a 1 hr. Private Consultation: Tuition \$330

20% discount for single mothers.

Register with a \$100 Deposit. The balance must be paid in 2 payments by the second week of classes.

Please call Lenore Anderson to discuss your personal goals. Cell: 413-695-0942