

# AFTER-HOLIDAY DETOX

HOW TO DO A HEALTHY CLEANSE AT HOME

1. Want to feel better
2. Be curious
3. Come to the lecture
4. Bring notepad and pen
5. Learn new things about Detox
6. Try those things at home
7. Kickstart healthy habits!

*At Yoga Moves Nyon 16h00-18h00, on*

**SATURDAY 20 JANUARY 2018**

*A fun, interactive, informative, interesting, full of surprises, but most importantly PRACTICAL, HEALTHY & EFFECTIVE MEETING*

*This lecture is brought to you by*

**TOMASZ GOETEL**



*As a wellness, detox, and diet consultant, Tomasz uses Dr. Bernard Jensen's method of tissue cleansing and Arnold Ehret's Mucusless Diet system. Learn practical methods of weight loss and healing! CHF 60.-*

