

Flexworkshop

6 DAY LIVER CLEANSE

5-10 OCTOBER *with Michelle Ricaille*

BENEFITS:

- *Cleanse with supplements from the USA*
- *Control the mind's cravings*
- *Daily yoga practice to rid the body of toxins*
- *Learn to improve ongoing nutrition*
- *Increased energy and vitality*



Shops 308- 310 One Island South, 2 Heung Yip Road, Wong Chuk Hang Hong Kong
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www.flexhk.com | *intelligent movement* |

Flex
Studio
| Island South |

5th-10th October 2015

Reshape Your Body, Reshape Your Life

6 Day Detox led by *Michelle Ricaille*,
Homeopath Doctor and EYRT-500
Yoga Alliance Hatha Yoga Instructor



This is the year you will experience transformation.

In this transformative detox, you will cleanse the digestive system and liver- the body's two most important detoxification organs- with special herbs and tonics sourced from the United States. Learn how to control the mind's cravings and weakness through pranayama and meditation, and how food and chemicals affect the body and mind. Detox safely and effectively, and empower yourself to protect yourself and family against disease and illness.

SCHEDULE

5 Oct | 8:15pm - 10:15pm

6 Oct | 1pm - 2:45pm

7 Oct | 8:15am - 10:15am

8 Oct | 1pm - 3:30pm

9 Oct | 10am - 12pm

10 Oct | 8:15am - 10:15am

INCLUDED IN THE WORKSHOP:

- Herbal Liver Detox Tonic
- Super Food Green Formula Mix
- Premier Herbal Intestinal Detoxification
- Probiotics
- Daily lectures and Yoga classes
- Comprehensive Detox Manual
- Energy Cleansing Stone
- Homeopath Consultation* (20mins)

PROGRAM COST **HK\$2,890**

Register by 12th September to receive 10% early bird discount!

ADDITIONAL:

Food intolerance testing (HK Bioteck labs) at The Round Clinic* \$2800

* Please contact The Round Clinic directly for bookings.

T: 2648-2612 | E: info@theroundclinic.com

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