

TRANSFORM IN

2017



6 DAY DETOX PROGRAM

WITH MICHELLE RICAILLE

10%

EARLY BIRD
DISCOUNT

REGISTER BY
DEC 31ST

ISLAND SOUTH
16 - 21 JAN

Shops 308-310, One Island South, 2 Heung Yip Road, Wong Chuk Hang T 2813 2212 e info@flexhk.com

intelligent movement | www.flexhk.com  flexstudiohk  flexstudiohk

Flex
Studio

START 2017 THE CLEAN WAY

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

In this transformative detox, cleanse your digestive system and liver, the body's two most important detoxification organs, with special herbs and tonics sourced from the U.S. 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 protect yourself and family against disease and illness.



WORKSHOP SUPPLEMENT INCLUSIONS

- Herbal liver detox tonic
- Super food green formula mix
- Premier herbal intestinal detoxification
- Probiotics
- Comprehensive detox manual
- Energy cleansing stone
- Homeopath/nutrition consultation* (30 mins)
- Lecture and cooking class
- Daily lecture and yoga class

Program cost HK\$3,300

Register by 31 Dec to receive 10% early bird discount.

Additional Service

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

* Please contact The Round Clinic directly for Consultation bookings

SCHEDULE

16 – 20 JAN

12:15 - 1:00 PM Lecture

1:00 - 2:00 PM Practice

21 JAN

9:00 - 10:15 AM Practice

10.45 AM - 12.45 PM

Lecture & cooking class
with Nutritionist Denise

Tam at Food for Life

(across Wong Chuk Hang
Rd, 5 min walk from Flex)