



YOU and Your Body or The Secret of Losing Weight

Discover the “Secrets of Losing Weight” and holding your new weight, and how to change things in your life you don’t like or need anymore and how easy Motivation can be!

If you are female or male who would like to change your habits, in order to lose weight and feel there is these ‘Inner Voice’ *which is holding you back making you think you are to weak or lazy to move and to make some changes by yourself*, then this is the right program for you. You think you can’t lose weight and you tried everything? Let us show you that there is a way!

Or maybe you are a person which has thoughts like: “I should not do that...but...”, “I should not eat that....but...”, “I should do more sport....but...”, “I should change that....but...”, Then the only one thing YOU REALLY SHOULD DO, is to attend this series of 4 (four) Mini-Workshops!

You will get all information about WHY this happens and you’ll get powerful, helpful techniques for HOW you change that immediately, so you would never ever need another person for help. YOU can become the Master of your Body and your Habits!

The table of content in this seminar

- The 7 Principles
- YOU
- Body, Mind and Spirit
- Self Love
- Communication between your Body and your Mind
- Fasting, Diets and Exercise
- Motivation, learn how powerful you are
- Creative Mediation and Breathing
- Interactive Techniques

“You and your Body” can be booked as:

- Mini-Workshop Euro 35,00 (min 6 people)
- 1 Day Seminar Euro 180,00
- 1 day Event with complimentary Body Treatments
- Weekend Workshops and Body-treatments
- Your personal Therapy Program in 3, 5 or 7 Body and Mind Sessions.

FREE SPIRIT SPA Rates

Group Rates for all Mini-Workshops, min 6 people	Euro 35,00 per person
Single Rates for Mini-Workshops	Euro 45,00 per person
One Day Seminar	Euro 180,00 per person
Single Sessions	Euro 70,00 per person and hour.
Therapy Rates	Euro 65,00 per session / 3 Sessions
	Euro 60,00 per session / 5 Sessions
	Euro 55,00 per session / 7 Sessions

Health means at being fully at ease, the opposite of this is Dis-ease.

Which Problem or Dis-eases you need to have to come to us?

Whatever! ... If you are ready to get healed!

Let's find out together at the free counseling if and how we can help you.

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May the long time sun shine upon you
All love surround you
And the pure light within you
Guide your way on