

Alchemy of Nourishment

Living a Vibrant Life From the Inside Out

Change your Life in One Weekend
May 2-3, 2015 Boulder, Colorado

Do you feel?

- Stuck
- Sluggish
- Overwhelmed
- Irritable

Here is your solution:

A two-day retreat to deeply cleanse, restore, and open up to your divine manifestation. **Spring is the perfect time to shift accumulated patterns, toxins, and shed excess weight**

Cleanse out old stories, beliefs and toxins so you can dive into the flow of abundance and manifestation. Learn the “art of body sensing” to listen to your inner wisdom. Enhance your awareness and become conscious of what is naturally happening in your body. When our bodies receive what they need they thrive. Strengthen your intuition and empower your choices to heal and grow.

This is a rare opportunity to work with renowned Nutritional Expert, Holistic Life Coach, Shaman, and Intuitive Healer Esther Cohen MS. RD. ICNT, CBT. Author of Alchemy of Nourishment Art, Science and Magic of Eating

During this class, you will learn transformational skills and practices for a lifetime of well-being!

- » Detox stress, balance blood sugars and improve energy
- » Shed pounds while removing emotional blocks
- » Learn to listen to your body and the language of energetics
- » Connect to your intuition and personal guidance
- » Shamanic journeys and tea meditations
- » Create a new vision of yourself

This cleanse is a catalyst that opens the doorway to discover a new you.

The weekend will propel you forward rejuvenated and empowered to make the necessary changes that allow you to step into the person you have dreamed of becoming.

May 2nd 10am-9pm and May 3rd 10am-4pm includes: fresh organic meals, tonics and teas, 2 yoga classes, tea meditations, nature walks, shamanic journey, classes and creative movement. Workshop is just minutes from Boulder held on sacred land in a beautiful mountain setting near Lyons. Co.

In Person Program: \$397.00 with early registration, **\$497** after April 2, 2015
Distance Cleanse Package: \$197 (plus shipping)

Both include: Alchemy of Nourishment Art, Science and Magic of Eating transformational cleanse book, herbs for Spring infusion, nutritional cleanse powder, homeopathic drainage formula, and 3 webinars

Important: Register early – classes fill up fast.

Esther has lead hundreds of clients through this deeply nourishing life enhancing program for over 10 years. She has a private practice in Boulder and distance sessions throughout the world.



Couples share
cleanse materials,
early registration \$797

Returning
participants
15% discount