

N O V E M B E R W O R K S H O O P



WOMENS HORMONES NOV. 5 TH FROM 9.00 - 11.00. HAIR THINNING, HAIR LOSS, NIGHTS WITHOUT SLEEP, THYROID ISSUES, FATIGUE AND NO ENERGY? THIS IS FOR YOU. DONT LET THE HORMONES GET YOU DOWN. LEARN TO UNDERSTAND HOW THEY WORK AND WHAT YOU CAN DO TO FEEL ENERGIZED AND HEALTHY AGAIN.

YOU ARE GOING TO LEARN ABOUT: HERBS AND FOODS THAT BALANCE S YOUR HORMONES, TOXINS THAT DISTURB HORMONES, AND TIPS FOR HEALTHY COOKING



HOW TO QUIT SUGAR : Nov. 12. FROM 9.00 - 11.00 THE WORKSHOP WILL HELP YOU UNDERSTAND THE EFFECT SUGAR HAS ON YOUR DIGESTION, BRAIN AND EVEN YOUR HORMONES. IMAGINE BETTER SKIN, MORE ENERGY BETTER DIGESTION, A CLEAR MIND AND SO MUCH MORE..

YOU WILL LEARN THE DANGER OF SUGAR AND HOW TO QUIT IT.

7 DAY SUGAR CLEANSE 1 & 2 : Nov. 19. AND 26. WITH THIS WORKSHOP YOU GET EVERYTHING YOU NEED TO EXPERIENCE A COMPLETE SUGAR CLEANSE TO KICK YOUR ADDICTION AND RESET YOUR BODY. WITH THIS PROGRAM YOU WILL:

- HEAL THE CHRONIC INFLAMMATION THAT ARE CAUSING ACHEs, FATIGUE AND DIGESTIVE PROBLEMS
- END CRAVINGS AND ALLOW YOU TO FEEL SATISFIED
- KICKSTART YOUR METABOLISM TO SHRED THESE EXTRA WEIGHT YOU HAVE GAINED
- STABILIZE YOUR MOOD SO YOU FEEL CALM RELAXED AND JOYFUL INSTEAD OF IRRITABLE AND CRABBY



Workshops are smaller individual programs that are running every Tuesday from 9 - 11, and a good way to get a taste of what a bigger program would be like. Anne & Hanne Beautyfulgreens.com

Pricing : every workshop cost 60 chf or you can choose 4 for 100 chf
Pay by Twint - Paypal - or Cash

D E C E M B E R W O R K S H O P S



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ALL DAY WORKSHOP AND FOOD
DEC.3 FROM 9.00 - 11.00
PLUS LUNCH
OR FROM 13.30 - 15.30
AND START WITH LUNCH
- OR BOTH

HEALTHY CHOCOHOLIC IS ALL ABOUT CHOCOLATE AND HOW TO ENJOY IT IN THE MOST HEALTHY AND DELICIOUS WAY
HOLIDAY SURVIVAL IS HOW TO SURVIVE THE HOLIDAYS IN A HEALTHY WAY PHYSICALLY AND MENTALLY WITHOUT STRESS EATING, TUMMEY TROUBLES AND GAINING WEIGHT.
AND OF COURSE WE'LL EAT LOTS OF CHOCOLATE.

NATURAL MENOPAUSE DEC. 10. FROM 9.00 - 11.00
MENOPAUSE IS A BEAUTIFUL, NATURAL PROCESS THAT WE WOMEN ARE LUCKY TO EXPERIENCE. BUT ON THE OTHER HAND HOT FLASHES, MOOD SWINGS, FATIGUE AND STUBBORN WEIGHT GAIN ARE TELLING US SOMETHING ELSE IS GOING ON.
IN THIS WORKSHOP YOU WILL LEARN HOW YOU CAN TEST YOUR HORMONES, WHAT IS ESTROGEN DOMINANCE, HOW TO BALANCE YOUR HORMONES, AND WE WILL LOOK AT HEALTHY FOOD OPTIONS.

PRICING: Every workshop cost 60 chf or you can choose 4 for 200 chf
- Pay by Twint - Paypal - or Cash