

WELLNESS WORKSHOPS

January & February

It's easy to make healthy living complicated with so much information coming at us. Let us help you break it down to the basics of health and wellness, discuss what healthy is, and help you define what healthy means to you. Topics range from nutrition and healthy-but-easy recipes, smart snacking ideas, meal-planning, how to read labels, how to quit sugar, motivation and goal setting, gut and brain health, the importance of a detox to strategies to strategies on stressing less. Learn the truth about your body and how to fuel it right.

Workshop

Inflammation - The silent Killer



January 14th

Workshop

Food Intolerance



January 21st

Workshop

Stress Release & Emotional Eating



January 28th

Workshop

How does eating affect your blood sugar?



February 4th

Workshop

Gut Health & Nutrient Deficiencies



February 11th

Workshop

Liver Health & Detox



February 18th

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TUESDAYS 9-11, AT MY TREEYOGA, MONTAGNOLA



Wellness Workshops

JANUARY 2020

Workshop

Inflammation - The silent Killer



January 14th

Inflammation is a not-so-silent killer, as it's been screaming at us for a long time! Every chronic pain condition, autoimmune disease, and even mental health issues are caused by inflammation! Science has now proven that inflammation can be dramatically reduced, safely and effectively, by making simple lifestyle changes. Our 2-hours workshop will teach you how to reduce and eliminate inflammation in your body, you will also get Anti-inflammatory recipes to bring home.

Workshop

Food Intolerance



January 21st

Most people have no idea that eating the wrong foods can cause chronic inflammation. Eating certain foods can even make your pain worse and make you feel or even look 5-10 years older. Do you have migraines, gut issues, skin rashes or bad breath? Have you thought about if your food is hurting you? Join us for this 2-hours eye-opening workshop, where you will start to understand what your body is actually telling you. We will also be making some allergy-friendly recipes.

Workshop

Stress Release & Emotional Eating



January 28th

After a long stressful day do you reach for food to take the edge off? Being in a stressed state of mind causes your hunger hormone, to be released which causes you to dive headfirst into the fridge. Eating is used to substitute the entertainment we're lacking and fill the void in our primary foods. They don't call it comfort for no reason. Let's take a dive into stress and emotional eating together in our 2-hours workshop.

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Wellness Workshops

FEBRUARY 2020

Workshop

How does eating affect your blood sugar?



February 4th

When you master your blood sugar, you'll feel full of energy, cravings will subside, your weight will be controlled, your mood will stabilize, your memory will be better and you will balance your hormones. Also, when you learn to balance your blood sugar you minimize your risk of blood sugar-related diseases, metabolic syndrome, diabetes, and heart disease. In this 2 hour workshop, we will talk about how to control your blood sugar in a natural way and be cooking some healthy snacks.

Workshop

Gut Health & Nutrient Deficiencies



February 11th

Everyone knows that we need vitamins and minerals to keep our bodies healthy. But how do you know when you aren't meeting your body's needs? A healthy digestive tract is essential for good physical, mental and emotional health. Digestive health starts well before you are born. It starts with the health or your parents' pre-conception and with mum's health during pregnancy. In this 2 hours workshop, we will teach you all you need to know to understand if your body is getting the right nutrients.

Workshop

Liver Health & Detox



February 18th

More than ever before, our bodies are bombarded with stressors, from pollution to chemicals in skincare products to preservatives in the foods we eat. The liver is a workhorse. It's your body's primary filtration system—it converts toxins into waste products, cleanses your blood, metabolizes nutrients and medications, and produces proteins. And while a healthy liver naturally cleanses itself, it may not necessarily be functioning optimally if it's constantly faced with dietary and environmental stressors. Are you wondering if your liver is working optimally? Join us for our 2-hours workshop to get clear on how you can help your liver keep you healthy.

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