

# The STARR

## 10 DAY DETOX

*A Quick Fix*

### Group Cleansing Program

Support, Instruction, Demonstrations & Information

Introduction to cleansing & detox.

An opportunity to quickly enhance the body to increase energy, jumpstart weight loss and look and feel amazing in just 10 days. Instruction and Demos for support are Included.

2 Gatherings-10 day Program  
**Cleansing Products Included.**

*The Quick Fix- Fall Programs*  
**2 Gatherings**

**Tuesdays- 7pm-9:30pm**

**YogaNOW GOLDCOAST**

**742 N. Lasalle-Suite 201**

To register- call 312-280-9642 or visit [www.yoganowchicago.com](http://www.yoganowchicago.com)

## November Program- 6th & 13th

**\$225 Includes:**

**CLEANSING PRODUCTS & MATERIALS**

**Protocal for Program**

**Cutting-edge Information**

**food demos & samplings**

**2 gatherings with group support**

**Mid-week tele-class for Q & A**

**\*\*SAVE \$50--PRE-REGISTER**

**\$175** if pre-registered in advance one week prior to first class start date  
\*\*\*\*(\$225 after pre-registration deadline)\*\*

\*Dependant on individual participant choices, additional costs may be incurred.

\*\*For more information on specific products used in program for cleansing, visit [www.blessedherbs.com](http://www.blessedherbs.com)



### *Testimonials...*

"the program was the easiest one yet and the results are just beautiful"

-A.T.

"the program was excellent"

-J.E.

"the cleanse is nice and gentle, and I got REAL results"

-G.O.

"I feel great! The education has been essential to the growth that I continue to do"

-L.C.

"Lisa is a great instructor and informative with great personal stories to share plus it's exciting learning how to incorporate the use of new superfoods"

-J.K.

"Lisa knows the secrets to vibrant health, we're lucky she's sharing her incredible knowledge and her different approach with amazing results. These really are the secrets.

Everyone in my class looked better, felt better and learned how to create healthy differences and changes that I have found easy to maintain."

-S.R.

"Lisa thoroughly understands and easily explains the nutritional and scientific aspects of the transformation class. She knows her stuff and delivers it with a punch. Her suggestions, treats and supportive recipes were helpful and delicious."

-G.K.