

Class instruction with Lisa Persico,
one of the premier consultants on health transformation
in Chicago specializing in cleansing, healing and superfood nutrition



The STARR Body Balancing Program

Purify, Beautify & Transform Inside & Out!

"SPRING CLEANING" Group Cleanse Workshops

5 Gatherings for Support, Instruction & Information

EARLY SPRING Program-Saturdays-March 17th, 24th, 31st, April, 7th, 14th 1pm-3:30pm

LATE SPRING Program- Sundays- April 29th, May 6th, 13th, 20th, 27th 2pm-4:30pm

YOGA NOW - GOLD COAST
740 North LaSalle- 2nd Floor

Chicago, IL 60610

To register or for more information, call

312-543-3735

SAVE \$50--PRE-REGISTER

\$349* if registered by March 14th 2007 for
Early Spring Program

\$349* if registered by April 25th 2007 for
Late Spring Program
(\$399 after deadline)

Includes: Instruction, food demos &
sampling, 5 Gatherings, group support and all
cleansing products and materials. **

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

**For more information on specific products used in program for
cleansing, visit www.ejuva.com

***Participants can join in the workshop series without
the cleansing products for \$149.

****Alumni and referral discounts can be applied to cost.

What Past Participants Are Saying....

★"the program was the easiest one yet and the results are just beautiful"★"the program was excellent"★
cleanse is nice and gentle, and I got REAL results"★"I feel great! The education has been essential to the growth that I continue to do"★

★"Lisa is a great instructor and informative with great personal stories to share plus it
was exciting to learn how to incorporate the use of new superfoods"★

★Lisa knows the secrets to vibrant health, we're lucky she's sharing her incredible knowledge and her
ent approach with amazing results. These really are the secrets. Everyone in my class looked better, felt better and learned how to creat
healthy differences and changes that I have found easy to maintain."★

★"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."★

The Secrets Revealed...

- CLEANSING TO RELEASE TOXINS
EFFECTIVELY & SAFELY
- TIPS ON LONGEVITY &
EATING FOR BEAUTY
- LETTING GO OF EMOTIONAL &
PHYSICAL BLOCKAGES
- SUPERFOOD EDUCATION
- INFO ON KEY NUTRIENTS
NEEDED NOW IN THE BODY
- SUPPORT FOR OVERCOMING
FOOD ADDICTIONS
- DISCOVER CUTTING EDGE
NUTRITION & HEALING MODALITIES
- GUEST SPEAKERS

Past Results Achieved...

- WEIGHT/BODY FAT DECREASE
- INCREASED ENERGY
- IMPROVED DIGESTION
- PAIN RELIEF
- INCREASED FOCUS & CLARITY
- REDUCED BLOATING
- STABILIZED MOODS
- CRAVINGS MINIMIZED
- EMOTIONAL EATING SUBSIDED
- LIGHTER FEELING
- MORE BALANCED STATE OF BEING
- INCREASED ASSIMILATION
- MORE HAPPINESS AND FUN IN LIFE

*Above statements are from past participants, no claims have been made
and results will alter based on individual's participation, body type and
compliance to program. The above are only possibilities, not guarantees!