



THE FIRST WEALTH IS HEALTH!



The CLEAN Program

RENEW REJUVENATE RESTORE

5 Week Program

Thursdays 12:00-1:15pm

or

Thursdays 6:30-7:45 pm

Program begins January 10th

Program Includes:

5 seventy five minute sessions

The Clean Book

&

Special workbook developed by certified nutritionist Kathryn Coyle.

Workbook includes, recipes, information on health and diet.

Cost: \$199 + \$30 (materials cost)

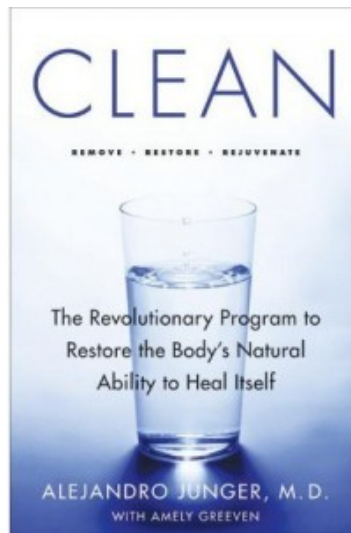
Hurry Sign Up Now!

860-693-9642

info@yogacentercollinsville.com

10 Front Street
Collinsville, CT

For info or with questions,
Email: tracey@traceykirsten.com



CLEAN is an MD's 21 day detox program designed to be easily incorporated into our busy schedule while providing all the practical tools necessary to support and rejuvenate our bodies.

The effect of the cleanse is transformative! Nagg-ing health problems will suddenly disappear,

extra weight will drop away and for the first time in your life you will ex-

perience what it truly means to feel healthy.

Our local Clean program was recently featured on Fox News along with our partners in healthy living at the Pasta Co!



It's time for a reboot! Get Ready to...

- Lose weight
- Increase your energy
- Sleep better
- Restore your body's natural ability to heal
- Feel better physically and mentally
- Chase the blues away

Join

**Gwyneth Paltrow,
Martha Stewart,
Demi Moore, Dr.
Mark Hyman and
others and get
CLEAN!**