

# HAPPY SATURDAY SERIES

Nutrition and Homeopathic Workshop, Ascot

## Springtime Detox Retreat

Saturday 25<sup>th</sup> of March 9:30am to 5:30pm

Time	Agenda
9:30	Arrival Detox juices
10:00 - 11:30	Homeopathic and Nutritional Presentation
11:30 - 12:30	Yoga Class
12:30 - 1:45	Organic Detox Lunch
1:45 - 2:45	Homeopathic and Nutritional Presentation
2:45 - 3:00	Chia Seeds Pudding and Detox Herbal Teas
3:00 – 3:45	Bio-resonance Toxicity Load Test Body Composition Analysis
3:45 - 4:45	Gong Bath Meditation
4:45 - 5:30	Golden Turmeric Milk and Treats Q&A Session
5:30	Goodie Bags and Goodbyes



**Silvia Giunta**  
BSc (Hons) LCHE RSHom

EVERYDAY



NUTRITION