



Alchemy of Nourishment **Spring Cleanse & Detoxification Program**

This life-changing workshop will provide an in-depth educational experience into the art, science, and energetics of health and healing that will prepare participants for an 18-day gentle dietary and emotional cleanse. It will present the physiology of detoxification, and a step-by-step dietary plan that incorporates foods, herbs, supplements, and flower essences. The day will include detoxification yoga, movement practices, organic lunch and dinner, class instruction, and energy clearing techniques. Materials include original recipe book and cleanse guide, and medical cleanse supplements. The individual attention and group support of this class provide a container of wisdom, love and patience so you will have the necessary resources available to successfully complete a rejuvenating detoxification process. Feel better than you have in years!

Saturday, May 15th | 10 a.m. to 8 p.m. | Burbank, CA
Contact Harri James at 323.610.0498 or exboyprods@aol.com to register
Cost \$245 | \$50 non-refundable deposit holds your space
Space is limited so register today!

Esther Cohen, M.S., R.D., C.B.P, I.C.N.T. has been in private practice for 25 years and is the founder and director of the Nourishment Education Foundation, and the Seven Bowls School of Nutrition, Nourishment and Healing. Her educational background includes a Masters in Science and Human Nutrition, and certifications in Functional Medicine, Intuitive Counseling, Sports Nutrition, Five Element Theory, Touch for Health, the Psychology of Symptoms, BodyTalk and Matrix Energetics. She is a Registered Dietician, Integrative Nutrition Therapist, Cookbook Author, and Professional Chef. Esther has taught extensively at numerous colleges and universities including Naropa University, University of Colorado, and South West Acupuncture College. Esther is a ritual artist who has guided individuals through profound life transformations. Visit Sevenbowls.com for more information about Esther Cohen and Seven Bowls School.

Feeding the Life that Nourishes your Soul

