

This program is designed to help you identify the nutritional deficiencies that may predispose you to cardiovascular illnesses, including hypertension, and obesity. The program provides tools to improve your nutrition, exercise according to your fitness level and more with the support of yoga and meditation. It is preventive and supportive to reduce your risk.

It is composed of :

- 2 nutrition Consultations including three week menu sample
- 2 -90 minutes workshops on I cook healthy
- 6 -90 minutes Breathwalkclasses
- 2—one hour Gong relaxation sessions

CardioVascular Health package valid for four m 449 \$ Real value 620\$)