

This program is geared to provide you with made to measure tools and daily practice required for your overall physical, mental and spiritual health. This holistic approach supports your transformation.

It includes :

- 2 nutrition consultations
- 6-90 minute *YogaVitality* and *De-stress* classes
- 2—one hour Gong meditations
- Personal Coaching Lifecycle and lifestyles 40-day - 30 minutes per week

Longevity Program : package valid for a period of 399 \$ free months (Real value 560\$)