

Are you ready to enjoy 1 day of relaxation and energy boosting? Susanna Amalia and is offering you: Wholesome organic food, detox programs, Realistic “me” time, Yoga, Meditation, peace, Joy.



**Come and join us on Friday 5<sup>th</sup>  
December 2014 – 9.00am – 4.30pm  
Where: Broome St, Cottesloe**

**Your Investment is \$120.-** per person.  
Morning tea, lunch and afternoon tea, all included.

**Please phone Susanna on: 0400 201 337**

**This workshop is jammed packed with practical tools to rejuvenate the body and slow down the process of aging.**

**What we will offer you during the 1 day Retreat, it will be a combination of Lectures and Leisure time:**

- ✓ Learn how to stop cravings (Sugar)
- ✓ Introducing organic wholesome foods into your lifestyle, raw & beyond.
- ✓ Learn how to make delicious organic juices for detoxification.
- ✓ Easy recipes for Detoxification
- ✓ Body restoration work through body movements, breathing and stretching.
- ✓ Tools to release emotional issues
- ✓ Breath work for oxygenation of the body.
- ✓ Learn about Cultured Vegetables
- ✓ Learn how to prepare easy plant based recipes and gain energy and vitality.
  
- ✓ Chi Energy Machine – Wave Ranger
- ✓ Foot Spa Detox -

**What to expect after the 1 day Retreat:**

- ✓ Increased Vitality & Energy
- ✓ Organ rejuvenation
- ✓ Weight Management & reduce cravings
- ✓ Increased Self awareness
- ✓ Increased Enthusiasm & Motivation
- ✓ Pain management.
- ✓ Easy and economical recipes
- ✓ Stress Relief and Mental clarity
- ✓ Raw Food desserts for all the family

## One Day Health Retreat



You will be warmly welcomed at our RETREAT to relax, enjoy and also learn from these highly respected practitioners:

**Susanna Amalia**  
Nutritionist, Raw Food and NLP Coach

**Satyen Del Monte M.D. cert. BYV.**  
Yoga Teacher, Posture and breathing techniques Teacher.

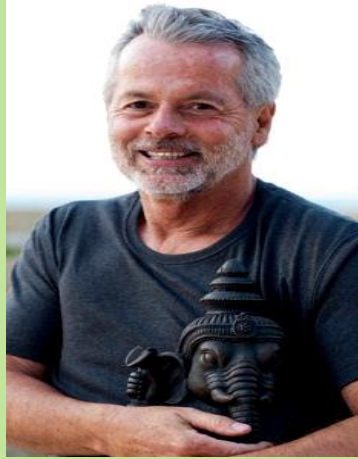
## Youth & Joy – Raw Food Coach

Susanna runs a successful wholefood coaching business in conjunction with her health assessment/ Nutritional Clinic. Having worked alongside Doctors such as Dr I.Tabrizian to review clients dietary deficiencies and provide guidance on how to achieve optimum health and vitality. Her work combines the physical, mental, emotional and spiritual balance to achieve maximum benefits.



Testimonial: "I highly recommend Susanna to anyone wanting to explore the road to vibrant health!"

- **Marita Mason, Life Coach/Counselor**



**Satyen is a Certified Yoga Teacher (BYV)** and Medical Doctor with additional trainings in Human Design analysis, Counselling, Breathwork and Bioenergetics.

Testimonial: Satyen's classes are a journey. He is extremely knowledgeable and gentle in his teaching. He includes a wonderful balance of strengthening, stretching, relaxation and breathing, very rejuvenating! C Elkins.

[www.energyandsilence.com](http://www.energyandsilence.com)



Please visit our FB Page:

Youth & Joy / Raw Food Coaching  
and see all the Testimonials  
regarding our workshops

Enquiries:

Please contact us on

Mob: 0400 771 437.

Email: [lunds@upnaway.com](mailto:lunds@upnaway.com)

To secure your booking, please deposit funds into the following account: Health Balance NTC

016363 / 498399206 – thank you.