

LOVE
Beautiful

WHY DON'T YOU START A
REVOLUTION
STOP HATING YOUR BODY
start loving yourself instead

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Love Me Beautiful Body Awareness & Appreciation Programme

This is a 12 week programme all about your miraculous body and your relationship with it. All you need is an open mind, e-mail and a commitment to yourself to participate actively in this journey of self discovery...

The intended outcome is for you to heal your relationship with your body, get to know it better (an ongoing life process), to listen to and oblige your body's real needs and most importantly, to learn to really love your body.

*In my research and experience to date, I have found that if all the steps are followed then the outcome is achieved, and there are **definite measurable physical changes that take place in the body – sometimes extreme changes.***

This entire programme runs over e-mail with the option of personal coaching sessions if required. Weekly exchange of your feelings and findings with the consultant is done over e-mail.

Contact me for more information about this life changing experience.

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