

LEARN THE KEY TO WEIGHT RELEASE, LASTING ENERGY,
HEALING THE BODY AND GETTING THE GLOW!

“DETOX 101” Class



With
Casey Lorraine Thomas

Raw Foods and Detox Coach • Colon Hydro-therapist • Reiki Practitioner

Next classes:

When:

**Monday 7th Dec,
7 to 9:30pm**

Where:

Sorrento, Perth, Australia

(full details to be provided upon registration)

Price: **AUD \$25**

All attendees will also be in the running to
WIN A FREE 30 MINUTE PERSONAL COACHING
SESSION. The winner will be drawn at random
at the class

Limited places only! Reserve your spot today
by emailing casey@caseylorraine.com

COMING SOON IN 2009:

“DETOX 102”: In the second class in the series,
we delve deeper into cellular cleansing, the
emotional response to detox, living a detox lifestyle
and making it work long-term.

Mail casey@caseylorraine.com to register your interest.

www.caseylorraine.com

The class covers all things Detox:

- What is real detoxification?
- Why it's important
- How the body detoxifies
- The big mistakes most programs make and how to avoid this
- The secrets to lasting results for radiant beauty and wild energy
- How to start safely and easily while living your normal life and feeling great
- The do's and don'ts
- How to support the body to detox effectively
- The potential pitfalls to watch out for and how to prevent them
- Alkalisising the body
- Why transition is vital to your success and wellbeing
- Answers to your burning questions



Casey Lorraine
RAW LIFESTYLE & DETOX COACHING