

Yoga Manchester & The Fitness & Lifestyle Company present



The only apple you'll ever need

The Daytime Detox Program At Envio Alderley Edge

Give yourself the perfect post Christmas **daytime detox** with a
MOT for the mind body and soul.

Emily Hogarth (www.fitnessandlifestylecompany.com) & Matt Ryan (www.yoga-manchester.co.uk) will be using over 15 years of experience of physical and mental fitness to help you lighten the load from both body and mind.

Whether you want to trim down from Christmas excesses or relax the mind from the stresses and strains of the crazy festive season, the Daytime Detox program is the perfect way to do so.

The Daytime Detox Program runs every Monday at
Envio Health Studios in Alderley Edge.

The program runs from 10 am – 2 pm and includes a complete detox package with **Yoga, Meditation, Relaxation, Fitness** and **Nutrition** sessions.

Sign up as an individual or with a group of friends

Clients can sign up a one off basis at £75 for the day or why not try the full on 'Month of Mondays' package at £250 for 4 consecutive Mondays.

For further details please call Emily on 07899 966352