



Melbourne Natural Wellness

Start 2012 FAB not FLAB



How much did you eat over Christmas? Too much pudding perhaps? Well forget it, you enjoyed it and now it's time to get back in shape! There are fun & happy times BUT...Are you dreading the last few months of Summer, beach on the weekends and especially how you are going to look?

Are you tired of trying to squeeze into your clothes? More like **FLAB than FAB?**

Frustrated with doing everything to lose that extra fat and nothing seems to work? What is feeling like this doing to your social life??

'Change Your Life in Your Lunchtime'

Workshop series presents:

'Weight Loss: The Missing Ingredient'

Understanding the mindset of weight loss and what is REALLY stopping you from reaching your ideal weight.

These workshops have been sold out before and are back to help you get back on track sooner. Don't miss this one!

Weight Loss, The Missing Ingredient is a series of workshops looking at the destructive emotions around self-worth, self-esteem & relationships with others. A fresh start to 2012. These sessions work on how to make sure this year is the best yet.

Ingrid Perri, Life Coach & Hypnotherapist

amongst other marvellous things has put together a new series of workshops that can change your life AND fit into your lunchtime! Sounds pretty good to me ;)

BUT... let's hear some client's results:

"I was struggling to eat healthily, it's either I'm good or I'm not and I'm stuck in the not. I'm happy with everything, however I would love to be able to easily and effortlessly (without thinking about it) maintain a healthy diet. After two hours of coaching with Ingrid I feel far more confident and positively optimistic and empowered to take action towards my healthy weight goals. Thank you Ingrid."



*Annemarie Cross –
Branding Specialist and Business Coach*

Watch CazziePitsisvideo testimonial here:

<http://www.melbournenaturalwellness.com.au/testimonials>

What it is:

45 minutes that will change your LIFE! You can ask all those (fat) burning questions in this time as well!

The first session Tuesday 10th January

1.30-2.15pm is FREE

To register simply email reception@mnwc.com.au (only 15 places available)

or go [online here](#) (book and shop page) of the website to register



The session topics are:

TUESDAY 10th January FREE

1. Why Does The Weight Always Come Back?

Discover the one thing that is very rarely addressed in weight loss programs and that can ensure your success!

TUESDAY 10th January

2. I Am More Than My Dress Size - Your relationship with yourself is vital if you wish to succeed in the long term with releasing weight.

TUESDAY 17th January

3. The Function Of Excess Weight - Discover why you carry excess weight and keep putting it back on after you've lost it.

TUESDAY 24th January

4. Forgiveness - Of yourself and others will help you release the emotions and the weight.

TUESDAY 31st January

5. Beliefs Around Weight Loss - Learn how to change the beliefs that keep you attached to the excess weight.

TUESDAY 7th February

6. Practical Hints And Tips To Help You Succeed - Things you may not have thought of that will enable you to achieve and maintain your ideal weight.

Single sessions are only \$37. A small price to pay to change your life I'd say.

Prepay all 5 sessions for only \$167 –valued at \$222

[Click Here](#)

Now to book online for one or all of these sessions to 'Change your Life in your Lunchtime'