



LIVE LEAN HEALTH  
Women Health and Wellbeing

# ✦ Inner Circle Sessions

**APRIL**

**28**

Holistic Nutrition  
Energetics and Pillars of  
Health

**MAY**

**19**

Digestive System  
Elimination and Detox

**JUNE**

**16**

The Pathway to health:  
Lymphatic system,  
Kidneys & More

**JULY**

**28**

Clean Food, Water, Air  
for Health

**AUGUST**

**18**

MACRONUTRIENTS  
PROTEIN

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SEPTEMBER

15/22

## MACRONUTRIENTS 1

Carbohydrates

## MACRONUTRIENTS 2

Fats

This month will have 2 sessions

OCTOBER

13

## MICRONUTRIENTS

VITAMINS, MINERALS

&

EXPLORING SUPPLEMENTS

NOVEMBER

10

## HERBS

&

“SUPERFOODS”

DECEMBER

15

Exploring different  
diets

Health and Benefits

JANUARY

19

Eating for different stages  
of Life 1

Pregnancy & Childhood

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**FEBRUARY**

**16**

Eating for different stages of  
Life 2  
Hormones, Cycle & Menopause

**MARCH**

**16**

Eating for different stages of  
Life 2  
Hormones, Cycle & Menopause

**APRIL**

**20**

Beyond Nutrition  
Ancestral Healing , Awakening  
Dark Knight of the Soul  
Empowerment

**YEARLY  
MEMBERS  
ZOOM  
COOKING  
CLASSES**

*June 20th 2024  
November 24th 2024  
March 23rd 2024  
7PM UK*

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