



REVITALIZING DETOX & LIFESTYLE COACHING

with Juniper Yang

Shift your habits with a holistic and natural detox method, rooted in mindfulness.

Many people take a detox program and shortly thereafter, fall back into their old eating habits. The problem with the traditional approach to detox is that it does not address long-term transformations. In this course, you will learn to shift your habits with a natural, holistic detox method, rooted in mindfulness. After the 6 weeks, you will be able to continue the tools taught by your experienced trainer, Juniper Yang.

In addition to changing your habits, you will go beyond learning just the facts about diet and nutrition. Your body has a natural sense of what is good for it. When you awaken this natural sense, you will know what is not working with your body and what is good. Using this inner source, this course will lead/empower you to reinvent your lifestyle.

Click the link below to sign up and view the weekly schedule of this online course.

[**Course Schedule**](#)

Total Cost: \$720*

*Detox supplies are not included in price. Upon registration, a shopping list for your 6 week detox journey will be provided and you can prepare the materials according to our guidance.



COURSE OVERVIEW



Week 1: Setting the Foundations for Detoxing

Learn how to build a stronger overall detox system and improve immunity so your body can release toxins effectively through the following 6 weeks.

Week 2: Strengthen Your Lungs & Intestines Naturally

Strengthen your lungs and intestines that are constantly purifying your blood and eliminating food residues.

Week 3: Cleanse Your Liver & Gallbladder (1st Time)

Go through a special cleanse for your liver and gallbladder while learning how to observe and release your emotions when your organs actively detox.

Week 4: Touch One Layer Deeper

Your body can now detox a layer deeper and you'll also be introduced to a new way to understand your body and mind and your self-caring ability will shift.

Week 5: How to Detox Toxicity from your Emotions and Mind

A study reported your mind and emotions can create toxicity several thousand times stronger than food, so it is important to address these factors.

Week 6: Reinvent Your Lifestyle, Reinvent Yourself

Reinvent your lifestyle with mindful eating, exercise, a connection to nature and a connection to yourself.



About the Trainer

For most of her life, Juniper's focus has been on seeking truth, harmony and healing. In 1996, she was introduced to the ancient mindfulness practice. Over the last 20 years, Juniper has been dedicating her life to helping others heal their body, mind and soul and awaken their innate healing power, inspiration, and peace within. Juniper is one of the trainers of the Revitalizing Detox Retreat Program at Sedona Mago Center for Wellbeing and Retreat, and has coached many people and impacted their lives.

[**CLICK HERE TO LEARN MORE & SIGN UP!**](#)