



DETOX IN A PRIVATE LUXURY VILLA ON TROPICAL KOH SAMUI

SPECIAL EASTER AND SONGKRAN OFFERS!
FAMILY & FRIENDS STAY FREE!!



Walk the Weight Away!

Look great, and boost your energy with our 4-week program for weight loss at home.

Week 1: First Steps
Walk 3 times this week for 30 minutes (2.5 km)

Weeks 2 and 3: Commitment Phase
Walk 4 or 5 times this week, building the time walked to 45 minutes (5 km)

Week 4: Results Phase
Walk 5 or 6 times this week aiming for 48 minutes (6.5 km)

TIP: Do your walk before breakfast, on an empty stomach to enter immediate fat-burning zone!

VALENTINES PROMOTION FOR MARCH & APRIL

20% off of all programs booked by 14 FEBRUARY 2012

www.samuipuredetox.com

Tips for Weight Loss!

Many of us struggle to maintain our ideal weight, ignoring two of the most simple, cheap and accessible tools available to us. Our legs and water! Above we outline a quick and easy to follow 4 week walking program, guaranteed to tone you up fast! As for water, nothing quells the appetite like water, lots and lots of water. Start out with two, 1litre bottles in the morning and carry one of them with you wherever you go. Chill one of them the night before and it will last all day, even in a hot climate.

For sure you will be taking an increased

number of "toilet breaks" so try to consume most of your water prior to dinner. Water not only fills you up and lessens your appetite, it helps to prevent the sugar cravings that we all encounter when our blood sugar drops and we reach for high-calorie treats. Water also increases energy, flushes out the system, rids the body of bloat and toxins and improves the clarity and colour of the complexion.

Cheers!

Jacqui & Anna



CONGRATULATIONS TO ROB (who is camera shy!) but who recently completed our 3-week Life Transformation Program, losing 13.6 kilograms and returning to his native Australia a whole lot fitter and ready to tackle a major career change. Also to Christian who gave up smoking and managed to lose 9 kilograms during a week of dedication and focus.

Well done to both of you!

Savasana - the ultimate relaxation pose!

Savasana (the Corpse Pose) is, on the surface, the simplest of all the poses to assume. In fact, however, because relaxation itself is so difficult, perfection in *Savasana* is rarely attained. To practice *Savasana*, lie on the floor. Turn the palms of your hands upward (this position will help to induce a feeling of relaxation and of mental receptivity). The head, neck, trunk,

and legs should be in a straight line. You should not use a pillow in this position, as the flow of blood should be equal to all parts of the body. The best way to induce preliminary relaxation in the body is first to inhale, tense the whole body (equalizing the flow of tension throughout the body), then throw the breath out and relax the entire body at once. After this preliminary

relaxation lie very still. Be aware of your breath, if you like. You may watch it in the nostrils, or simply be mentally aware of the rhythmic rise and fall of your navel. Now, strive for *deep* relaxation. Think of your body as surrounded by space — space in all directions spreading out to infinity. Release all regrets about the past, all worries about the future. Rest in the infinite ocean of the eternal Present.



Featured Herb

Goji Berries Goji berries play an important role in traditional Chinese medicine (TCM), where they are believed to enhance immune system function, help eyesight, protect the liver, boost sperm production, and improve circulation and longevity. Goji berries can be eaten raw, brewed

into a tea, or taken as a tincture.

Recipe of the Month
Breakfast in a glass! For a filling, healthy and very tasty start to the morning, simply blend mango, papaya and banana with goats yoghurt and blend. Top with bee pollen or a swirl of organic honey and enjoy!