

Create your own body-and mind detox programme.

I am trained in physical education, a qualified yoga teacher, an ayurvedic and 'western' nutritionist as well as an ayurvedic cook. I am also a life coach, massage therapist and a great believer in meditation. This form allows you to assist in creating your own five-day 'personal body and mind detox' programme.

Please send me your preferences and I will provide you with a programme suggestion.

Vote your personal preferences (1= not important / 6= very important)

	1	2	3	4	5	6
Yoga						
Juice fasting						
Ayurveda Cooking						
Vegetarian cooking						
Life coaching						
Relaxation/ Meditation						
Personal Training						
Fitness						
Lose Weight						
Massage						

---

---

For further information or requirements, please contact me [diana@algarveyoga.com](mailto:diana@algarveyoga.com)