

**Next class  
series  
TBA**



**Space is  
limited.  
Sign up early**

## **Core Foods & The Ascension Process**

**Transition from refined, de-natured and non-beneficial foods to a diet rich in nutrients. People who desire to completely heal and regenerate the physical body will want to experience this series.**



**Regenerate Your Body**

**3 Wednesdays, 6:00 pm  
\$222 (\$111 Students & Seniors)**

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