



# FULL BODY DETOX

April 2, 2022

- **Week 1** - No Meat, No sugar, drink herbal tea, eat soups & salads, water
- **Week 2** - Gratitude, affirmation, understanding the power of our words, thoughts, and beliefs
- **Week 3** - Body in motion, commit to a physical fitness challenge
- **Week 4** - Understand and balance the masculine and feminine energy within and in relationships

Join Us

**IG@The\_Rebirth\_Journey**

The Rebirth Journey is a community of people on the journey of mastering self-discipline.



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