



Beauty is life when life unveils her holy face.
But you are life and you are the veil.
Beauty is eternity gazing at itself in a mirror.
But you are eternity and you are the mirror.

*Kahlil Gibran, The Prophet
Lebanese artist & poet in US (1883 - 1931)*

Recipes

Energy Movement Classes

Retreats

Spiritual Women Circle

Products

Inspirational Stories

Dr. Etti's HEALTHY and DELICIOUS cooking classes

Organic Food, Organic FUN, and Good Company

Dr. Etti will share with you her knowledge and great recipes.

There's something very intimate about creating and sharing a meal with others.

March 2 – Sunday

Pumpkin seed milk

Almond milk

Delicious and nutritious smoothies

Carrot and apple pulp muffins

March 30 – Sunday

Veggie Quiche

Coconut quinoa

Sesame, coconut cookies.

Pre-Register Today – Only \$75 per class

All classes are held at **5700 Collins Ave. PHA on Miami Beach**

Gift Certificates are available

Class is from 6:30 until 8:30p.m. unless otherwise noted.
And includes all of the following

- *Hands-on instruction
- *Meet new people
- *Learn cool facts and tips about the food you're eating
- *Get healthy tips
- *Receive a copy of the recipe to take home
- *Enjoy a DELICIOUS meal at the end of class! Made by The Fabulous You!

more details and to register or call 305-861-9383 or
drettihhs@gmail.com

**Classes are fun, relaxed, and not intimidating! They are great for beginners!

**Private classes are also available, more details at:
www.holistiohealthstudio.com

The *BodyWave* DETOX program is the best way to show your loved one that you care about their well being.

The *BodyWave* 7-day guided DETOX program focuses on nutritious juices, shakes and organic delicious vegetarian foods that will be specially prepared for you by Dr. Ben-Zion. Every day you will meet with Dr. Etti Ben-Zion for guidance during your detox which includes counseling, moving meditation and breath-work. You will receive four delicious juices a day for five days. On the sixth day you will be given four smoothies packed with super foods and special herbs. On the seventh day you will experience wholesome, delicious and nutritious organic foods.

Join Dr. Etti Ben-Zion and a group of 10 other like minded people on a seven day DETOX journey that will transform your life.

[Click Here to View April WorkShop.](#)

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