



New Year New You!!

The Chris James 12 Day Urban Detox New Year Special Offer - 24 days for the price of 12!!

Now you can kick start your mind and body as we head into 2009 with **TWO DETOXES** for the price of **ONE!!** Purchase the Chris James 12 Day Urban Yoga Detox (Retail £169.99) before 31st January 2009 and receive a special bumper pack containing a further 12 days worth of supplements - absolutely free! (Total Retail value £340)

For Total Mind & Body Transformation...

Do you over eat and under-exercise?

Feeling Sluggish, bloated, overweight?

Immune system in need of a boost?

Sign up NOW!! for the Chris James 12 Day Urban Detox plan and kick-start 2009 feeling refreshed and energized!!

Designed by Chris James, the 12 Day Urban Detox is a multi-disciplined approach to sustainable transformation, placing you firmly on the path to achieving and maintaining your ideal body.

YOU CAN EXPECT TO:

- ***Drop a size and shed your spare tyre***
- ***Eradicate toxins***
- ***Experience glowing skin & sparkling eyes***
- ***Increase energy levels by over 75%***

As such, it is a complete systems overhaul which makes the Detoxer think and feel differently about their relationship with food and drink, their mind and their body. This is why the Chris James Urban Yoga Detox is also known as the Total mind and Body Transformation plan.

Do you remember how you used to feel when you woke up when you were about 10, full of energy, clear headed, and ready to go? - This is the continuing effect of the 12 Day Detox.

What can I expect?

You will start the Detox by supporting your body with Food State, Vitamins and minerals supplements - the easy to follow program that you are provided with will show you the quantities to be taken.

During the first few days you can start to plan your Detox ahead. Look at the options for buying the freshest fruit and vegetables.

We'll provide you with nutritional Guidelines complete with some fantastic recipes and Great ideas for vegetable juices.

The Power Phase is the time you really go for it and eliminate those toxins. After you have completed the Power phase, your mind and body will have been given a full service, Your eyes will be clear and sparkling, your skin glowing, your mind refreshed, and your energy levels increased.....feels amazing doesn't it!

You will be provided with:

- A bespoke user-friendly day-by-day plan and program, including nutritional guidelines, special recipes, help & advice.day-by-day plan & instruction booklet, help & advice.
- A Chris James Yoga Detox kit, including specially sourced nutritional supplements and cleansing agents.

As such the 12 Day Chris James Urban Detox is ideal for those who over eat and under-exercise, feel sluggish, bloated, and overweight, and people who always seem to be 'catching' colds because their immune systems need boosting.

Special promotional deal - Purchase ONE 12 Day Urban Yoga Detox (Retail £169.99) before 31st January 2009 and take advantage of ONE 12 DAY URBAN YOGA DETOX ABSOLUTELY FREE!! (Retail value £169.99) Go to:
<http://www.chrisjamesyoga.com/programmes.htm>

For optimum results combine with Chris James weekly Yoga classes or 121 tuition.

Please Read What past clients have said:

"This detox has made me look at food and how we feed our bodies in a completely different way, and I feel lighter, more alert and more connected to myself as a result. The process has not been without its ups and downs but I genuinely feel like I am a stronger person going forward."

"I lost over 20 pounds and that was a side effect of the detox! - I was told that the way I look at food would change and I was not convinced about this statement. I could not have been so wrong - Now that I know how great you can feel by eating proper food and not just empty calories. My whole attitude to food has changed and I plan to follow the detox plan every six months. I now feel great, am much more alert from the moment my eyes open in the morning to the moment they close at night and still can't believe how great I feel. Sorry if I waffled there a bit but I am such an advocate of the detox I talk to anybody who will listen....."

"however 9 days in to my fast and I have lost a staggering 7lb. I feel so much better in myself, my clothes are loser and I just feel flatter and less bloated.

"Lighter, nimbler, more flexible, better senses, in summary I feel 10 years younger!"

"I can definitely recommend it having lost 8lb and having been made to feel wonderful as a consequence."