

AWAKEN YOUR INNER-G

How To Release Body Toxins & Weight, Curb Cravings, & End Emotional Eating in 2015 With Yve Hart

"My passion and purpose is to guide YOU to reconnect to your inner-G (Inner Guidance, Inner Guru, Inner Greatness, Inner Green) so you can shift from ego to intuition, emotional overwhelm to empowerment, from hiding in the shadows to shining in all areas of your life!" - Yve



As Founder of The Inner-G Movement and Creator of The 40 Day Green Cleanse, Yve Hart has transformed hundreds of lives from the inside-out. In this informative, empowering, experiential presentation, Yve will walk participants step by step through her 4 part process for awakening their Inner-G, releasing ego, and honoring their intuition when it comes to food, feelings, and body image.

Specifically, participants will learn:

- Why you're really craving/eating sugar, carbs, and caffeine – and how to STOP stuffing your feelings and START fueling your body with vibrant (G)reen foods and daily rituals that are transformative from the inside out.
- The #1 secret to releasing excess inches, pounds, cravings, toxins, and emotions in 40 days or less – in a unique and easy way
- Three powerful and profound techniques that will help you shift from ego to following your body's wisdom or Inner-G(inner Guidance, Guru, Greatness) when it comes to eating, exercise, and emotions.
- What body burdens have to do with business success – and how to STOP dimming your light and START awakening your Inner-G (Inner Greatness, Inner Guru, Inner Guidance)

After experiencing Yve, participants will walk away inspired, motivated, and ready to STOP hiding behind food and/or STOP eating their emotions, and START feeling their feelings while enjoying amazing, healthy, vibrant (G)reen foods and connecting yourself back to nature and to what is whole and real again.

About Yve

Yve Hart is founder of The Inner-G Movement and creator of The 40 Day Green Cleanse. A transformative mentor, passionate speaker, and intuitive artist and healer, Yve helps men and women reconnect to their Inner-G (Inner Guidance, Inner Guru, Inner Greatness,) so they can shift from ego to intuition, emotions to empowerment, from hiding in the shadows to shining in all areas of their lives. With her cleanses, intuitive coaching, and community events, Yve facilitates powerful breakthroughs using creative and effective daily rituals to clear spiritual blind spots, release weight, toxins, and ego, that nourish people from the inside out and reconnecting them to nature - to what is real and whole again. She finds pleasure in making it her purpose to help you unveil your authentic inner and outer beauty.



To book Yve and Transform your audience call 562-233-5656 today or email Yve at yve@the40daygreencleanse.com

the40daygreencleanse.com

