

The Keys To Vibrant Living:

Eat to Live, eat what is right.
Exercise
Take time out
Walk through garden gates
Drink lots of water
Wear sunscreen
Watch sunrise and sunset often
Invest generously in your health
Drink fresh pressed "Juice 4 Joy" often
Forgive easily
Lose excess weight NOW
Give yourself the Gift of a Life Coach
Quit sugar
Eat whole fresh foods
Support local artisans
Detox regularly
Study something you are interested in
Say what you mean, mean what you say OR say nothing
Be kind
Have sports massage regularly
Pray A LOT!
Be grateful
Smile with your whole wide open heart



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Juice 4 Joy



Pressed with Love 4 Life

Fresh pressed, 4 You, and bottled in glass, because
“Glass can be recycled our planet cannot!”
Detox, Nutritional maintenance, weight loss, vibrant health and
wellbeing, boost and maintain strong immune system.

FOOD MEDICINE.

www.juice4joy.co.za

Sports & Clinical Massage



Manage mind, body, soul wellness

Avoid injury, aid recovery, improve performance and endurance,
manage lifestyle, postural, physical mental and emotional stress.
Aid flexibility, mobilise toxicity, supports healthy circulation,
lymphatic and immune system and revitalises skin tone.

www.sportsmassage4u.co.za

Life Coach Lynda



Inspiring Conscious Living and Loving

Get empowered, steer your own life, live bold
accountability, heal and release past baggage holding you stuck.
Enhance relationships, build TRUE self “worth and esteem”,
Learn to love yourself, and your life with wild abandonment.
Live your dreams... achieve your goals.

www.lifecoachlynda.co.za