

Lola Berry

LOLA BERRY WORKSHOPS: MANFIEST



Lola Berry

Nutritionist. Yoga Teacher. Author.
Creator. Presenter.

Lola Berry's passion for healthy living truly is infectious. One of Australia's favourite nutritionists, Lola spreads her whole foods message through her ever increasing social media network, TV appearances, and her best-selling books.

Further adding to her holistic health credentials, Lola is also an accredited yoga teacher. Guest teaching in studios between Sydney and Melbourne.

Lola has combined her passion and expertise to create...

LOLA BERRY MANIFEST WORKSHOPS



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LOLA BERRY WORKSHOPS: MANFIEST

A two hour event designed to reconnect attendees with their soul purpose.

- Do you have dreams for the future?
 - What is holding you back?
- What are the powerful tools that can help create the life you deserve?

Together with Lola, attendees will work through:

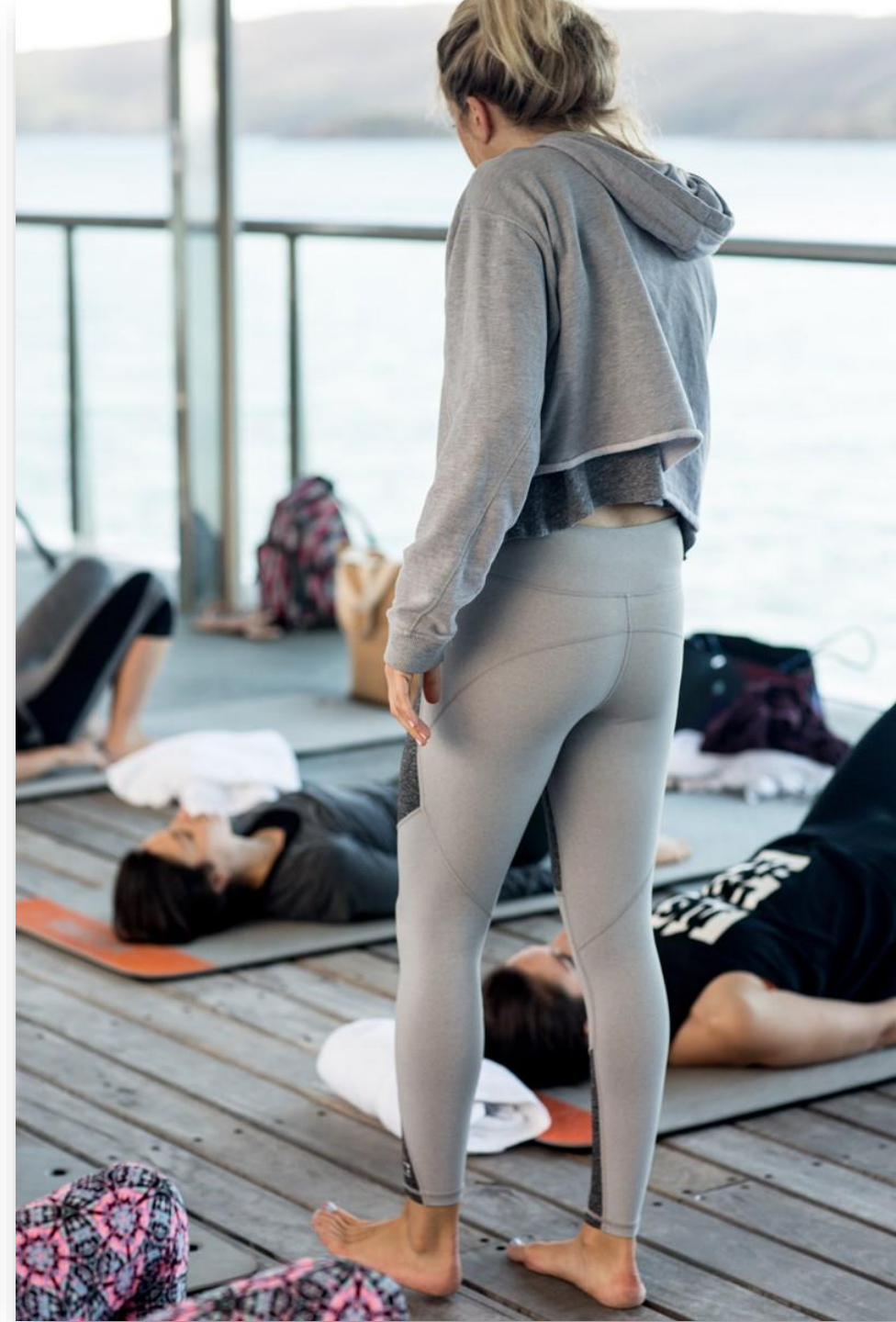
- Fear and self-limiting beliefs. Every failure is a test designed to make you dig deeper. Learn how to understand the lesson in every challenge.
- Use crystals to harness the power of manifestation
- How to use the chakras to enhance your manifestation
- Tune into your intuition to help you make decisions
- Goal setting techniques that actually work
- Tap into the moon cycles to find the right time to set dreams and intentions
- Enjoy a yoga class that incorporates setting an intention for your future

Format example:

- Duration is 2 hours
- Guest arrive and mingle
- Offered healthy snacks and smoothies
- Introduction by Lola and how the session will unfold
- Prepare for yoga – each attendee is given a crystal and affirmation card
- 1 hour yoga class where the music and movements are tuned to living your full potential
- Half an hour of Q&A
- Book signing, photos and hugs

Costing:

- Starting at \$6000 + GST gross
- Travel and transfers ex Melbourne





Book this unique
experience,
presented and
curated by Lola
Berry, for your
next conference.