

"THE FINE, FIT, AND FABULOUS REVOLUTION:

REDEFINING AGING WITH ASARA"



THE FINE, FIT, AND FABULOUS REVOLUTION: REDEFINING AGING WITH ASARA" WORKSHOP, PARTICIPANTS WILL EMBARK ON AN EXPERIENTIAL JOURNEY DESIGNED TO REDEFINE THEIR APPROACH TO AGING. THROUGH ENGAGING ACTIVITIES AND INTERACTIVE SESSIONS, ATTENDEES WILL LEARN AND EXPERIENCE:

IN-PERSON WORKSHOP

\$49 PER PERSON

THE FIRST 8 SIGN UPS WILL GET A SALT ROOM RITUAL WITH ASARA!

REGISTER NOW

Starts
02/24/2024

ASARA TSEHAI, A VIBRANT 65- YEAR YOUNG VISIONARY AND AFRICAN MEDICINE WOMAN, BOLDLY DECLARES HER INTENTION TO BE 'FINE, FIT, AND FABULOUS AT 100+'. AS THE FOUNDER OF THE JUICY TO 100 NATION," SHE LEADS A COMMUNITY OF WOMEN AGED 50 AND ABOVE, INSPIRING THEM TO REDEFINE WHAT AGING LOOKS LIKE, FEELS LIKE AND HOW WE LIVE IT! ASARA DECLARES THAT LIFE BEGINS AT 50! SHE HAS SUPPORTED AND INSPIRED OVER 10,000 WOMEN OVER THE PAST 40 YEARS TO MAKE THEMSELVES A PRIORITY AND CREATE A HEALTHY, VIBRANT AND DELICIOUS LIFE THEY LOVE.

1. Juicy Mindset Creation:

- Cultivating a positive and empowering mindset towards aging.
- Strategies to shift perceptions and embrace the joy of growing older.
- Tools to harness the power of thought for a vibrant and fulfilling life.

2. Cleansing the Sacred Temple:

- Exploring holistic cleansing practices for body, mind, and spirit.
- Techniques for detoxifying physical and mental spaces.
- Creating a sacred environment that supports overall well-being.

3. Replenishing Body, Mind, and Spirit:

- Understanding the importance of nourishment in all aspects of life.
- Incorporating ancient and modern practices for holistic replenishment.
- Establishing personalized routines to enhance vitality and energy

4. Repairing What is Left:

- Addressing physical and emotional aspects that may need healing.
- Implementing strategies to repair and strengthen mind-body connections.
- Cultivating resilience and embracing the transformative power of self-care.

5. Experience the Joy Factor:

- Embracing joy as a fundamental element of a fulfilling life.
- Discovering the joy in movement, mindfulness, and daily activities.
- Creating a personalized joy plan for sustained well-being.

PARTICIPANTS WILL LEAVE THE WORKSHOP NOT ONLY WITH A DEEPER UNDERSTANDING OF THE 5-STEP WELLNESS FORMULA BUT ALSO WITH PRACTICAL TOOLS AND A REJUVENATED PERSPECTIVE ON AGING. THIS IMMERSIVE EXPERIENCE IS CRAFTED TO EMPOWER INDIVIDUALS TO LIVE A LIFE THAT IS FINE, FIT, AND FABULOUS, CHALLENGING SOCIETAL NORMS AND CELEBRATING THE BEAUTY OF EVERY AGE.

REGISTER NOW

**SPECIAL OFFER FROM INSIDEOUT TO ALL PARTICIPATES:
RECIEVE 1 INFRARED SAUNA AND HALO-SALT SESSTION**

