



Nutrition and Health Counseling

Personalized programs. Group classes. Workshops.

With Marina Toleva,

*Chakra Institute teacher, Health Counselor,
Graduate of the Institute for Integrative Nutrition*

Improve your eating habits

Increase energy

Rejuvenate

Lose weight naturally

Purify your body

Decrease stress

Gain confidence in healthy cooking

Deal with cravings

Learn to shop for healthy, whole foods

Facial InnerTuning Massage:

An experience with healing energy and subtle sounds.

You will discover untapped energies and feel deep relaxation.

Fee: Nutritional counseling (one hour)-\$100

Facial InnerTuning massage (30 min)-\$45. Four sessions - \$160



Call for Initial Consultation at 215-862-3768 or email at Admin@ChakraInstitute.com

