



Health By Yogesh

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Yogesh Ananda

DETOX, HOLISTIC HEALTH, & LIFESTYLE COACH



@healthybyyogesh

@awakenappalachiaNC

@juiceboone

Yogesh is a holistic health, detox, and lifestyle coach, he has lead hundreds of people on his personally curated juice cleansing program as well as created personalized detox programs for clients suffering from chronic emotionalism, food addiction, and illnesses. He has also ran numerous group retreat programs both nationally and internationally, providing the highest level of learning at his workshops, in the areas of plant based nutrition, transitioning family diets, meal planning, hands on live food demos, raw foods, juicing, the yoga of eating™, fasting, etc.

Being the owner of a cold pressed juicery and raw food eatery in North Carolina. Yogesh has dedicated his life to scientifically pressing the most nutrient dense juice and making the highest level raw foods on the planet + facilitating an optimal level of health and happiness in the lives of his family and others.

While learning and expressing the generation of vital life force in the body you can experience a trimurti of his highly effective teachings that are not only physically detoxifying but also emotionally cleansing and metaphysical by nature.

Yogesh's specific combination of whole self detoxification is geared towards detaching from the negative energies that are surrounding these three areas. By this intuitive application, his clients are left feeling physically lighter, as well as more grounded, inspired, and renewed with accelerated motivation towards their health goals.

The Yoga Of Eating™

Raising your vibration through food consciousness and alignment of your truest authenticity.

This is an easy to follow program designed to heighten your awareness in the area of your optimal health. This workshop is usually only offered at yogesh's inclusive retreat programs.

These programs can cost anywhere from \$500-\$3,000 each with people traveling all over the world for the experience. Now you can experience this highly sought after workshop for just a fraction of the price, right from your home.



LEARN ABOUT:

- + High prana foods
- + Alkaline vs acidic foods
- + The raw food pyramid
- + Cleansing and transcending the koshas
- + Kirlian photography
- + Ancient eating secrets revealed
- + Aligning the non physical bodies into health
- + How to generate abundant life force energy
- + Eastern and western philosophy on spiritual eating
- + Raise your awareness with easy steps
- + Tips for longevity on a plant based diet

SPECIAL BONUS MATERIAL:

Learn an ancient Sanskrit food prayer that you can say before every meal to enhance vibration and cleanse your meals energy. This prayer has been recited for thousands of years and creates a transcendental vibration throughout the universe that acts as a connection and ripple throughout the collective consciousness.

[PURCHASE NOW \\$108](#)



Free 20 minute Consultation & Strategy Session

Health, wellness, abundance, lifestyle, detox

What are the goals that will help you manifest optimal health and wellness in your life? Will Yogesh be the right coach for you? What are my next moves ? How can I be sure to manifest health and happiness in any environment and in all aspects of my life? Find out these answers and more with a free prerequisite consultation by Yogesh.

[SCHEDULE YOURS NOW](#)

The High Bliss Diet TM

Groundbreaking + self fulfilling + life propelling + transformational + whole foods + whole self + detox + lifestyle + rapid weight loss + plant based education

“This is not a one-and-done diet. This is an easy-to-implement lifestyle that will serve you for years to come. Let’s take the guesswork out of what it takes to look and feel your best.” - Yogesh

Learn the exact steps for transcending into your higher more healthier self. Here Yogesh outlines the exact foods to eat, the exact things to stay away from and the tips and shortcuts that can cut years off of your journey, fastly accelerating you to limitless possibilities of health and happiness.

Don't get lost in all the many conflicting health regiments and philosophies out there. People can end up floating around for years in the holistic world before they find real results. Enroll in the high bliss diet and get the essential information on how to build your highest bliss body with only the purest and most nutrient dense building blocks. Empower yourself and start living the lifestyle of health and abundance you always wanted .

With compiled research of over a decade, Yogesh spent years developing the tips and know-how behind this new ground breaking lifestyle plan. Now easier than ever with added provided lifestyle guide and recommendations



SPECIAL BONUS MATERIAL:

High Bliss Meals - now you can have five simple and easy to make in under ten minute meals that are in total alignment with your new lifestyle. Highly vibrational and essential for quick success in your healthy living.

SPECIAL BONUS MATERIAL:

1 Full Month of Lifestyle Coaching - receive up to 4 one on one sessions with Yogesh and ensure your path to healthy living is illuminated for optimal success.

[ENROLL NOW \\$500](#)

JUICE CULT



Join a mystically supportive group with over 1500 members + juice feasting + alternative health videos and information + detox tips + group coaching by Yogesh

This is a closed group. That means not everyone that floats by can get in. Show dedication to your path by becoming a devout member of the juice cult today. It's totally free and there is at least 1 group coaching per month. If you gain access you will also get plugged into the community with access to group retreat offers, in-store deals, and special online discounts that you won't find anywhere else. Drink the juice, just do it!

[SIGN ME UP NOW](#)



6 Week Transformation & Accountability Package

Physical emotional or spiritual detox + life crisis + manifest new goals + change the course of your life with lifestyle + experience powerful mental breakthroughs + facilitate a new level of accountability in your new healthy lifestyle

“My newest 6 week package is literally everything you need to jump start your life. Clients are experiencing rapid results in their physical health and personal life. I don't want you to go another minute feeling run down or confused. Sign up now and start your transformation today.” - Yogesh

In this six week transformation Yogesh will be one on one accessible to you. Helping you identify and drop whatever doesn't serve you and your goals while teaching you newer and more healthy alternatives.

Change your genetic expression through alignment of health in all aspects of your life. Live happier and experience more deeply the truest you, the you that has been waiting to be unleashed for way to long. Don't settle for less, transform once and for all using yogesh's accountability methods and achieve your life and health goals once and for all.

- + 3 times a week private coaching for 6 weeks. Problem resolution and innovative life evolving sessions with Yogesh . Learn to Manifest optimal happiness and transform all energies of your life into higher vibrational tools for self projection.
- + 3 personally curated life changing strategy sessions. (1 examination of goal, 2 execution, 3 reflection and longevity meeting)

SPECIAL BONUS:

Automatic access to JUICE CULT group.

FREE yoga of eating™ discourse (\$108 value)

Advanced retreat discounts

TRANSFORM \$1200



Cold Pressed Juicery Business School

5 days intensive workshop + live demos + recipe guide + juicing 101 + Business plan development + hands on training + certificate of completion

Join Yogesh in beautiful Boone, North Carolina for an intensive workshop on how, why, and where to open your dream juice and smoothie business. (Living accommodations not included but lunch everyday is!)

Gain the know how and direct experience you need to be 100% successful in your new or upcoming juice Business. Yogesh has over a decade of juicing experience and has been operating a high volume & profitable cold pressed juicery and raw food eatery for the past three years. If you are an aspiring juicepreneur you definitely don't want to miss out on this intensive business focused retreat program.

\$5000

Raw Chef Certification

4 day one-on-one certification program + make raw desserts + learn the raw food basics + raw juice 101 + fully raw meals + hands on training + health industry marketing tools + certificate of completion

If you think eating raw needs tons of **discipline** or **willpower**...then you just haven't learned how to make great food yet!

Raw food shouldn't be about complicated shopping lists... long hours in the kitchen... or the same set of "boring" foods every day of the week. It should (and can!) be just as interesting and exciting as the health benefits.

But making amazing, delicious - and simple - raw food isn't always easy **but now** there is a **training program** that can easily integrate raw foods into your life

Join Yogesh for a week in beautiful Boone North Carolina for an intensive Raw Chef Certification Training Course. (Living accommodations not included but lunch is)

Take a short 4 days out of your busy schedule to become a certified raw food chef. Learn the techniques and recipes that could be the backbone of your new career or personal health journey in the beautiful setting of the blue ridge mountains.



- + Learn the basics of “un-cooking”
- + Make and prepare fully raw meals
- + Master the art of raw desserts
- + Intro to Dehydrating and Blending
- + Make raw sauces and dressings
- + Learn raw juice 101
- + make and preserve an enzyme rich nutrient dense juice
- + Advanced level marketing techniques to get you and your food placed at local events, catered to programs, and hired by the elite

\$600

Coaching Call

Health crisis, a more holistic approach, life crisis, transformational help, family transitioning, spiritual development, juice cleansing, detox + more....

Book an informative and self fulfilling call with Yogesh. The experience in these fields cannot be measured monetarily, however putting worth to your situation 100% always leads to faith in overcoming obstacles. Discounts are offered for multiple hours. Step into your self worth and identify with you truest most highest health and well being.

\$50/HOUR

