

Feed Yourself, and Your Soul

Simplicity's executive chef Audrey Barron creates Five-star meals that feed all five senses.

A graduate of the world-renowned Living Light Culinary Institute in California, Chef Audrey serves nourishing, locally sourced, organic culinary inspirations – providing your body the clean fuel it craves to become and stay healthy. Raw juices, live enzymes, fabulous nutrient-rich meals, snacks, soups, salads, and desserts...oh, and it's **absolutely delicious**.

Chef Audrey's creations will have you feeling great *about* what you eat, and, *because* of what you eat.

Included in RESET & REfresh packages.

A la carte: \$150 for 3 day minimum, \$275 for 6 days

Meditation Healing

Aleya Dao is an internationally recognized Sound Healer, Energetic Practitioner, Doctor of Oriental Medicine, and Acupuncturist. An alternative healer for over 20 years, Aleya has the ability to perceive other realms, and channel others' feelings. She uses this gift to communicate the sounds of the angelic realm, and help identify solutions for the challenges that life offers.

Aleya's music and words help deliver Simplicity's clients into **states of higher consciousness, gives them a sense of deep connection, and awakens within them a place where they once again feel at home**.

She has produced CD's with Grammy® Award-winning composer and musician Barry Goldstein, and has now created a series of **meditative healing messages exclusively for Simplicity and our clients**, including Cancer Care, Fertility Enhancement, and Body Vitality.

3 CD set included in RESET package

Level 1 included in REfresh package

Each set of three CDs - \$60 total

The Vitamix® 5200 Professional-Grade Blender

It's simply the most powerful blender on the market, trusted by experienced chefs and restaurants around the world. Perfect to help you make smoothies, soups, and creating Simplicity's SeedMilk, which splits seeds into live enzymes, known as "the spark of life." **The more live enzymes we consume, the more active our blood and cells become**. This translates into a more vibrant, healthier you.

Ask Beth to order you one today - \$449 (least expensive anywhere in the US) Free shipping arrives in 5-10 days

Organizational Therapy

If you want a golden rule that will fit everything, this is it:

"Have nothing in your house that you do not know to be useful or believe to be beautiful."

Organization in every facet of your life is a critical step to a path of health and healing. Lainie Schrage, Simplicity's Organizational Therapist, initiates a journey of self-discovery and self-awakening. Her expertise will help you clear out the clutter, get rid of what needs getting rid of, and **frees you and your home from the burden of chaos**. Lainie empowers you to organize your life one step at a time – and you won't believe how good it feels.

Included in RESET & REfresh packages.

A la carte: \$240 for a 4 hour minimum

"What lies behind us and what lies before us are tiny matters compared to what lies within us"

- Ralph Waldo Emerson

So Sound® Vibrational Sauna Therapy

It's a sauna experience unlike any other. Using sound waves, a "musical massage" is created, truly harmonizing the systems of your body. Pleasant music creates vibrational waves, stimulating the body and mind to induce **unparalleled relaxation**, recommended by physicians and celebrities alike.

Included in RESET & REfresh packages.

A la carte: three 30 minute sessions for \$120

Needak Rebounding

The easiest way to exercise is also one of the most beneficial. The Needak® Rebounder simply uses your energy and the earth's gravitational pull, strengthening your musculoskeletal system. It **improves lymphatic circulation, your body's immune capacity, eliminates antigens, and helps prevent future illness**.

Ask Beth to order you one today - \$315 + \$25 S&H (Least expensive anywhere in the US)

Reiki Therapy

Reiki is a Japanese technique for **stress reduction and relaxation that promotes healing**. It is administered by "laying on hands" and is based on an unseen "life force energy" that flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and **if it is high, we are more capable of being happy and healthy**.

Holistic Health Class and Food Prep

Once a month, Simplicity dedicates a day to help our clients learn and exchange holistic health wisdom. More than a "class" – this experience shares **best practices to help transform the way you eat, shop, feel, think and love**. It's another step on your path to enhanced health, happiness, and spiritual awareness. Class is the compliments of Simplicity Holistic Health. Classes are the first Sunday of the month from 3:30-5 pm at SHH.

\$125 for an hour and a half private consultation with Beth

"Let your food be your medicine, and your medicine be your food."

- Hippocrates

Fertility Yoga

Simplicity is proud to make available the Midwest's finest Fertility Yoga teachers. There are many kinds of yoga, and not all yoga is appropriate for fertility. Simplicity's four-week Fertility Yoga program is **designed by yoga teachers and former fertility patients to meet the needs of women who are trying to conceive**.

Simplicity's Fertility Yoga class is a truly unique experience. Over the course of the four-week session, participants learn yoga postures and breathing techniques that calm the body, nourish the reproductive organs, and release anxiety and stress. In addition, this class delves into the deeper yogic teachings of meditation, visualization, and the power of our thoughts and attitudes. These deeper teachings help **reframe the fertility journey, shifting away from anxiety and negative thinking to embrace innate fertility**.

Check www.simplicityhh.com for class schedule

Healing Therapeutic Massage

Leave your stress at the door when see Audrey for your massage. Audrey incorporates healing energy into each massage, helping to reduce aches and pains and melt away the tension and stress.

Audrey's massage not only reduces stress, it aids in circulation, lymph fluid movement and helps your body come to a state of balance and bliss.

Swedish Relaxation Massage Packages:

60 minute:

12 for \$780 - \$65/session

6 for \$450 - \$75/session

3 for \$255 - \$85/session

1 for \$95

90 minute:

12 for \$780 - \$90/session

6 for \$450 - \$100/session

3 for \$255 - \$110/session

1 for \$120

Kids Yoga & Fun Food Prep Class

Children aren't little adults. They have different needs, respond to different stimuli, and learn in different ways. That's why Simplicity offers **nontraditional yoga classes: invigorating, interactive, imaginative journeys** into your child's developing mind, body, and spirit.

Unlike many other yoga programs that simply scale adult practices down into child-size chunks, Simplicity builds each practice from the ground up, creating an **exclusively child-based yoga practice** and giving children the sometimes rare opportunity to just be kids within the context of yoga asana and meditation.

Along with that - kids are the boss in our food prep classes- their taste buds are paramount and nutrition is king! Simplicity allows learning with food to be fun, hands on and above all great tastes that are highly nutrient dense. Your kids will learn several recipes - empowering great habits with real food from an early age.

Colon HydroTherapy

Good Health Starts in the Colon

When your body stores toxic elements it can trigger a variety of illnesses.

Closed Colon HydroTherapy treatments **eliminate accumulated waste material, which can overwhelm purification organs** such as the liver, kidneys, skin, and lungs.

Simplicity is proud to offer Closed Colon HydroTherapy, the same treatment that's available at the finest wellness centers in New York, Los Angeles, and Chicago – now available to Simplicity clients.

Included in RESET & REfresh packages.

12x package \$1,200 total

6x package \$750 total

30-day RESET

- 5 great-tasting meals and/or juices each day full of nutrients and goodness, freshly prepared by Simplicity's executive chef, Audrey Barron
- 12 closed colon hydrotherapy treatments (approx. 30-45 min. each) 3 times a week
- 3 twenty-minute sessions in the So Sound® Vibrational Therapy Infrared Sauna
- Simplicity's exclusive Body Vitality Meditation CD's, featuring internationally recognized sound healer Aleya Dao, customized for your health & healing needs
- A one-hour Whole Foods personal tour - *what* to buy, *how* to buy and *why* to buy. Takes place the second Saturday of each month at 8am at Whole Foods in Nora
- Customized organizational therapy in your home, refrigerator/pantry
- Simplicity Holistic Health Manual
- Great recipes and the "Who, What, Where & Why" guide to feeling great
- Class taught by Beth 3:30 - 5pm first Sunday of each month held at SHH. Food provided

Total Package \$3,800

We also recommend purchasing the life time tools: Vitamix® 5200 Professional-grade blender and Needak® Rebounder - ask Beth for details

A body & spirit renovation to improve your health,
body & soul awareness, and set healthy, nourishing living patterns.

As we open our doors to light the way for healing and health in Indianapolis,
Simplicity invites you to give yourself the gift of being cared for,
and let your journey to renewed health begin.

6-day REfresh

- 5 great-tasting meals and/or juices each day, full of nutrients and goodness, freshly prepared by Simplicity's executive chef, Audrey Barron
- 3 closed colon hydrotherapy treatments (approx. 30-45 min. each)
- 3 twenty-minute sessions in the So Sound® Vibrational Therapy Infrared Sauna
- Simplicity's exclusive Body Vitality Meditation CD, featuring internationally recognized sound healer Aleya Dao, customized for your health & healing needs
- A one-hour Whole Foods personal tour - *what* to buy, *how* to buy and *why* to buy. Takes place the second Saturday of each month at 8am at Whole Foods in Nora
- Customized organizational therapy in your home - refrigerator/pantry
- Simplicity's Life Refresh Journal
- Class taught by Beth 3:30 - 5pm first Sunday of each month held at SHH. Food provided.

Total Package \$975

We also recommend purchasing the life time tools: Vitamix® 5200 Professional-grade blender and Needak® Rebounder - ask Beth for details

A 50% deposit is due upon confirmation for ordering equipment and food quantities,
the remaining balance due 72 hours prior to first session.



Beth Smith
Founder

Certified Raw Food Chef and Instructor
Board Certified, U.S. Association of Drugless Practitioners
Certified Holistic Health Counselor
Licensed Closed Colon HydroTherapist
Member, International Association for Colon HydroTherapy
Reike Practitioner

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For anyone who seeks to feel better,
look better, and truly be better.

Step-by-step, we'll teach you how to reclaim your
health - and stimulate healing - through what
you eat, what you do, and that with which you
surround yourself.

We can't wait to introduce you to the new you!

"What we eat - the processed foods such as
breads, pastas, sugars, and refined desserts - hit the
gastrointestinal tract like a glue which becomes nearly
indigestible. I don't know of any patient who has not
benefitted from colon hydrotherapy."

Dr. Pamela Whitney
Educational Director,
New England Health Institute



Bob Greene
Nationally recognized
fitness expert, Author,
O Magazine contributor

"So-Sound® infrared saunas are an excellent
enhancement to looking and feeling your best; an
effective tool for detoxification, weight loss, skin
rejuvenation, and relaxation."

Simplicity

holistic health™



The Midwest's Premiere Holistic Health Experience.™

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