

Revive Tribe 2022 Program

What to expect each week

Timetable

Monday

7.30 - 8pm Essential Nutrition
8pm-9pm Love, Health, Wealth Module

Wednesday

8pm Self-Care Accountability Session
Check-In to say what you are doing for you!

Friday

9.30 Check-iNTo Your Body
(Unless you are completing Get Into Your Body at 10.30)

One 3 hour face-to-face workshop on 15th Jan or 12th Feb at PlusX, Brighton