


# Come Alive Now

## Brand New 'At Home' Retreat

The Ultimate Mind & Body Self-Care Experience  
Self-Care Is Not Selfish!



The Complete COME  
ALIVE Resource pack  
PLUS 2 weeks of live  
interactive coaching  
and follow up  
support

Join Janet & Lindsey for an inspirational step  
by step guide to how to revitalise your mind  
and body, live from your home.

Self-Care is Simply Essential, but so many people put other peoples wellness first or neglect to look after themselves. Is that you?

Have You Lost Your “Mojo” And In Need Of A Total Reboot? Are You Fed Up With Feeling tired Or Lacking Energy? If the answer is YES, you really need to join us on this empowering inspirational experience.

This is a remarkable and totally unique online retreat, best-selling author, life coach and TV expert Janet Thomson, along with guest fitness expert Lindsey Peters, will share super simple techniques to help you re-energise and restore your physical and emotional health. This experience will give your mind and your body everything it needs (and deserves) to perform at an optimal level, instead of just ticking over or getting by..... for good.

Janet's Come Alive Retreats have had AMAZING reviews, but we know it's not always practical for people to attend a residential retreat away from home for 4-5 days. But that doesn't mean you miss out! Now you can learn from the comfort of your own home with expert guidance and mentoring. Just as on any residential retreat, you will be guided step by step through a variety of techniques and inspirational information that you can benefit from, right from the first session. In addition to the live sessions you will receive the Come Alive Now resources to ensure you have everything you need right at your fingertips 24/7.

Would you like?

- Better sense of self worth
- More motivation
- More inspiration
- Better self talk
- Less self sabotage
- More confidence
- Energising nutrition habits
- Stress and worry less
- More emotional strength
- More energy & vitality



This live online retreat is truly a 'best of both' interactive experience because you are part of a live energised and supportive group benefiting from the video sessions, with daily support and tips on our dedicated Come Alive WhatsApp group, plus a comprehensive range of videos and guided meditations that are yours to keep. That way you really do get to keep and re-experience the benefits - for good. We will teach you how to make improvements across ALL three VITAL areas:

**Emotional Health** – simple techniques (that can take less than 1 minute!) to change your neurology and collapse negative emotions and stop self-sabotage.

**Energy Hygiene** – clean and re-set your energy and boost your vitality as we guide you through a gentle range of movements and techniques you can do in just a few minutes.

**Physical Health** – a simple reminder of what your body needs to thrive with my tried, tested and super simple Colour Code Nutrition System. Your body will thank you for it!

Come Alive Now has been especially created to help you make positive, lasting changes in your life whether it's simply getting your Mo-Jo back, losing some weight, feeling less anxious, stopping self-sabotage, finding calm and so much more.

In addition to the retreat experience you also receive:

- 24/7 access to our living, breathing COME ALIVE community with 12 months free membership to our private COME ALIVE NOW vault where you will have hundreds of resources at your fingertips including short inspirational videos, recipes and mini exercise workouts to do at home. It's a 24/7 high value one stop shop for all your self-care needs - designed to change your life and boost your vitality for good.
- Live mentoring and coaching calls delivered by Janet every Monday @ 6pm with a new guided meditation every week.

You will become part of a meaningful community, where together, we can maximise your experience and results. Once you get the results you want – we make sure you keep them!

Timetable and structure - as soon as you decide to invest in your health and sign up, you will receive the full Come Alive Now resource pack.



**Benefit #1** - 2 weeks of live coaching sessions to inform and inspire you.



**Benefit #2** - '60 trillion reasons to be happy' - a personal introduction video from Janet (MP4).



**Benefit #3** - 'Perfect Day' audio - powerful meditation to set you up each day to make the best choices for your mind & body.



**Benefit #4** - 2 inspirational e-books "How To Change Your Mind" and "The Colour Code Nutrition & Self Care plan" (PDF), plus a range of posters and cards for easy reference (PDF).



**Benefit #5** - A 'Quick Start' guide and planner so that you can start getting benefits from day one (PDF).



**Benefit #6** - 5 x inspirational guided meditations that help you let go of limiting beliefs, hardwire positive neurological habits and make lasting changes at a conscious level (MP3).



**Benefit #7** - 5 x inspirational short videos each demonstrating a different technique you can join in with, to boost your emotional energy and maximize your body's physical performance.



**Benefit #8** - Come Alive Now webinar - recorded live, let Janet teach you how your brain and mind work to create the body you live in. Inspirational cutting edge information (all based in good science) along with practical demos and applications. Broken into 4 easy to follow mini sessions (MP4).



**Benefit #9** - 12 months live weekly coaching plus access to hundreds of recipes and videos in our Come Alive Now Community

In addition to ALL this wonderful inspirational material which is yours to keep, you will also have 10 sessions of live interactive coaching and mentoring during the 2 week programme, It really is the ultimate package that just keeps on giving!



You will receive your welcome and introduction video on Saturday 18th November where Janet & Lindsey will guide you through what to expect and how to maximise your benefits so you get off to a flying start.

Session times (recorded in case you miss one)

Mon 20th	Tues 21st	Weds 22nd	Thurs 23rd	Fri 24th
Energise & Mobilise 7.30-8.00 am (Lindsey)	Come Alive Now (Janet) 6 – 7.30 pm	Energise & Mobilise 7.30-8.00 am (Lindsey)	Come Alive Now (Janet) 6 – 7.30 pm	Energise & Mobilise 7.30-8.00 am (Lindsey)
Mon 27th	Tues 28th	Weds 29th	Thurs 30th	Fri 1st Dec
Energise & Mobilise 7.30-8.00 am (Lindsey)	Come Alive Now (Janet) 6 – 7.30 pm	Energise & Mobilise 7.30-8.00 am (Lindsey)	Come Alive Now (Janet) 6 – 7.30 pm	Energise & Mobilise 7.30-8.00 am (Lindsey)

PLUS a bonus 'What Happens Now?' video at the end of the experience with lots of top tips and tricks to ensure you maintain all the benefits you will have already noticed.

You won't just receive the resources, we will take you through them step by step. You will receive a timetable telling you which video or meditation to watch or listen to at which stage of the process. Each live session will relate to and be supported by the resources, plus a few bonus surprise topics!

The timetable starts with a preparation week when we activate the WhatsApp group and suggest a few techniques and exercises to do that will prepare you to get maximum benefit. Even before the retreat has started you will be getting benefits.



### Follow up support:

The WhatsApp group will stay live for 4 weeks after the retreat so we can continue to encourage and support you and of course you can support each other. In addition you will be able to benefit from the live coaching and mentoring with Janet every Monday evening, and if you miss it live you will be able to watch on catch up so we've got everything covered to ensure you really are getting a long term transformative experience.

There's no finishing line for health – it's not a goal it's an experience. Take the first step by investing in YOU and enrolling in this truly motivational at home retreat, because you really do deserve to create a healthy mind and body to live inside and enjoy.



Janet has given me a better self-image after a traumatic past, I have renewed confidence and I know I have the power to achieve my goals, I recommend Janet's programmes to anyone

**Fiona O'Connell**



Thank you for introducing me to these amazing programmes I was feeling frumpy bloated and self-conscious. That's all changed, now I feel like myself again

**Fay Hewing**



I was desperate, but with Janet's help the violent physical tremors and anxiety I had experienced every day since the accident have gone. It is simply amazing

**Joe Brown**



Janet is inspirational. I came away from the session feeling much more positive about myself and the anxiety has disappeared!

**Sue Duncliffe**



In just 6 weeks I am at least one dress size smaller, my sweet tooth has gone, I feel better generally and have more confidence in myself and it's become a way of life – thank you!

**Val Sutcliffe**



Lindsey's workouts are a real treat. Her warm and encouraging manner ensures that you achieve the best you can and her very clear instructions make them easy to follow

**Jennifer Moorby**

## “Meet your hosts”

### JANET THOMSON

Is a best-selling author, TV expert and international presenter. She is an undisputed expert in her field. An outstanding life coach, her approach is informative, motivational and empowering. Janet's already changed the way thousands of people think and feel about themselves through her “Placebo Diet”, Come Alive Now and “How To Stress Less” retreats and workshops.



### Guest Presenter Lindsey Peters

Janet and Lindsey first worked together 30 years ago and share their passion for inspiring and teaching all aspects of health. Lindsey has run a successful fitness business for many years and has been delivering Janet's programmes in her classes and online. Together they really are the dream team and on this home retreat you get the best of both.



Lindsey's varied workout options are perfect to complement my daily walk.

Hiit, Pilates, strength (weights) work, cardio, aerobics, specific areas of the body - it's ALL there! '

**Jill Flamank**



I love the live coaching sessions and the weekly videos are inspirational, you get something different every time.

**Louise Fordham**



## Personal message from Janet

Since I was nineteen fresh out of college, I've worked in the field of health and fitness and have completed numerous qualifications in an eclectic range of subjects, including an MSC in Nutrition & Exercise Science, and a variety of holistic therapies and cognitive coaching techniques. I am so PASSIONATE about inspiring and empowering people just like you to be kind to their mind and body and achieve physical and emotional health. Now I would love to share this magical process with you personally.



The value of this amazing package is £1,490 for online resources + 10 live sessions + 2 bonus videos. You can get all of this plus the ongoing follow up support for just £399 if you book before October 1st 2023

After October 1st 1 x £459 or 2 x £240



BEFORE October 1st

One  
payment of  
£399

AFTER October 1st

One  
payment of  
£459

[CLICK HERE](#) and request your booking form