



Sylvie BORDES

Events and INCA (Active Cell Nutrition Institute) director in partnership with NUTERGIA Lab (courses organisation and logistics, medical and scientific conferences, thematic trips, mountain expeditions, trekkings)

Management-assistant french-english-spanish BTS, Applied Foreign Languages degree.

Caycedian Sophrology Specialist Master (Toulouse/Andorra)

Social prophylaxy and stress management.

Degree in "Micro-nutriments and physiology, clinical experiments"

Degree in Foot Reflexology-School of Foot Reflexology and Energetic Vectors (**ERVE** France)

Trained as health teacher at **IFSH** and **IRENA** courses

Yoga and lyric singer passionate



Françoise JADAS-DELCUZOUL

Bio Dietitian and Naturopathic Physician

"Health and vitality cuisine" book and DVD author

(Prs Joyeux, Servan Schreiber, Dr Kousmine, Seignalet, M.Kaplan, R.Masson synthesis)

Organic menus chef for famous restaurants

Reflexology Pratician (**Life and Action School**)

Massage Pratician (**Savatovski School**)

Trained in phytotherapy, chinese and ayurvedic medecines

President, then director of **Nutrition Vitality Stress**

Singing, walking and dance passionate

