

**WEEKLY
STYLES**

WEEKLY

MEDITATION:

The Big Mind Technique

FALL SALE

NEW SEASON

NEW STYLE

LKSEFASHION.COM

**FRESH
SEPTEMBER**

**fashion &
more**

**YUMMY
CORNER**

WORKOUT

VIDEO TO TRY THIS

WEEK

Time for..



Long Sleeves



Reds



Maxi's

Denim





FALL SALE **15% OFF**
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Weekly
Meditation

The Silva Ultramind
Technique
with Vishen Lakhiani

Unlock Creativity,
Increase Intuition &
Learn Faster



[https://www.youtube.com/
watch?v=RKOlsS4QCRU](https://www.youtube.com/watch?v=RKOlsS4QCRU)

Also available in the
Midvalley App



**BEST
SELLER**



10MIN full body pilates workout // CHALLENGE // no
equipment



<https://www.youtube.com/watch?v=6LSEjU8kbjk>

perfect to start re-shaping your body

Do it for 7 days
and enjoy the
results!



Every sweat session deserves a cozy
cooldown. Unwind in style with a
loungewear set that caters to your active
spirit. 🌿🏃‍♀️"

yummy

Click the link to see video



High protein breaky sandwich 🔍

By mirandabradley 📷

Ingredients:

2 slices bread
2 eggs
1-2 tbs cheese (15g)
1/4 avocado (25g)
1/2 tomato
Spinach/ rocket, optional
salt & pepper

Method:

1. Whisk eggs in a bowl and pour into a pan over medium heat (optional to lightly grease it so they don't stick). Swirl the eggs around to cover the base of the pan.
2. Place bread on top of the eggs, fry for 1 min then flip the bread over.
3. Cook for another minute then flip the eggs/bread so the other side cooks.
4. Top with fillings, season with salt & pepper. Tuck the edges in and fold it over to make a sandwich, transfer to a plate and enjoy!

Honey Sriracha Shrimp 🍤 by

@sailor_bailey 📷

Ingredients:

- shrimp
- rice
- salt
- pepper
- red pepper flakes
- Honey Sriracha Sauce
 - honey
 - soy sauce
 - sriracha sauce
 - olive oil
 - corn starch
 - Edamame
 - cucumber
 - green onions
 - cilantro

Season shrimp and cook until pink (about 3 minutes)

Make honey sriracha sauce in a skillet add shrimp when creamy. Serve over white rice and cucumbers with lemon

Peach Cream Cheese Puff

Pastry Heart Shaped by

devamadeo 📷

Here's your shopping list:

Puff pastry sheet - 1 - 10" x 15" or 2 square
Cream cheese - 1/2 box, 113g, 4 oz.
Natural granulated sugar - 2 TBSP, 6g
Peaches (you may use plums or nectarines as well) - 2 (3 to be safe)
Egg or water for "egg wash"
Coarse grain sugar such as Demerara or Turbinado to sprinkle on top of the tarts
Peach or apricot marmalade (optional)

Click on name to watch the video



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