



www.divineyogany.com (516) 458-0004

## Group Cleanse

**May 12 - May 18**

The cleanse kit is available to students or anyone interested at a group rate of \$125 whether you choose to cleanse privately or as part of a team. Kits & packets will be distributed at our pre-cleanse meeting. (date to be announced)

The Ultimate Energy Cleanse is a kit containing an instruction booklet, herbal supplements, teas, detox baths, almond oil, deodorant stone, toothpaste, olive oil soap & a water bottle.



### **Why Choose Cleansing?**

Cleansing may benefit you in the following ways:

Colon cleansing, Liver Detoxification, nourished hair, skin and nails, weight loss, sound sleep, efficient digestion, positive outlook, increased energy, focused/clear-thinking mind, stronger immune system.

### **Who Can Benefit?**

Anyone who has signs of toxins in their body or desires a healthy diet. Symptoms of toxins include the following: Acne, headaches, constipation, gas, indigestion/reflux, bad breath, body odor, insomnia, irritability, anxiety, weight gain, bloating, body aches/pains, lack of concentration. Long term benefits of doing a cleanse can assist you in developing and maintaining healthier eating habits and lifestyle.

### **Benefits of Participating in Cleansing as a Team:**

- **Food Coop** - Each team member prepares one assigned meal for the team in exchange for about 13 meals. This cuts down on shopping and meal prep.
- **Customized Cleanse Packet** - including helpful tips, resources, guidelines, recipes, & meal assignments
- **Kundalini Yoga as taught by Yogi Bhajan** with Sarabjot/Arlene Lucas (additional fee)
- **Support & encouragement** throughout the week.
- **Final Night Group Dinner & Celebration**

## **Cleanse Essentials**

Please **contact Coach Judy Griffin via e-mail** (judygrif@optonline.net) or sign up in class to order your Ultimate Energy Cleanse.

Deadline Dates TBA.

## **Pre-Cleanse Preparation Suggestions for Success**

- Reduce or eliminate caffeinated beverages & food from your diet.
- Limit alcohol, processed and fried foods.
- Limit white flour, sugar, artificial sweeteners.
- Reduce or quit smoking.
- Eat lighter meals and reduce red meat intake.
- Begin drinking purified water with fresh squeezed lemon to alkalize the body.
- You need a blender and I recommend getting your own a juicer. (Otherwise, you can get juices made at a Health Food Store.)

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