



spiritbodyhome

7 DAY CLEANSE

Bring balance and health to 2012

January 29th - February 5th

Get clean! Loose weight! Feel nourished!

Ayurvedic cleansing is a unique detoxification system. Its balanced approach offers simple yet specific practices that will develop strong body awareness and improve overall health

Sunday January 29, 1-3 pm: Meet as a group, center and prepare

Tuesday January 31, 5-7 pm: Dinner at Carolyns', cooking demonstration

Wednesday February 1, 7:30 pm: Optional Restorative Yin Yoga

Sunday February 4, 1-3 pm: Closing circle and finishing details

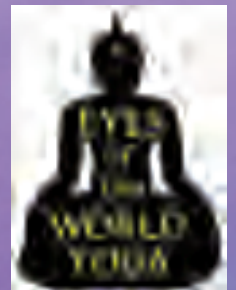
\$85 food pack for week (includes herbs and oils)

\$90 workshop, support

\$175 total workshop



Carolyn Schmitz embodies the practices of wholistic living. Her extensive training in yoga, body work, ayurveda and her passion for treating the body as its own sacred space makes her an enthusiastic guide.



<http://www.innerhappiness.com/>

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