

Reboot: Early Spring Cleanse

w/Rhonda Egidio and Awake & Aware practitioners

February 27 - March 9, 2012

3331 Greenleaf Blvd., Parkview Hills Shoppes, Kalamazoo, MI

Refresh your body, mind, and spirit!

Commit yourself to this two week gentle cleansing program, guided by Rhonda Egidio, to initiate new health habits.

Week I - preparations begin with an "Intro to Ayurveda Detox And Rejuvenation." You will evaluate and discuss current health conditions and imbalances, and customize a plan for your diet and life style with simple nutritional and herbal suggestions.

Week II - follows with "Life Style Purification Strategies and Benefits." You will learn Ayurvedic purification techniques for your detox plan. You may also add in yoga and massage practices as learned in other classes for a complete detox and rejuvenation experience.

**Intro to Ayurveda
Detox and Rejuvenation**
February 26, 1-3PM

**Life Style Purification
Strategies and Benefits**
March 4, 1-3PM

\$55 for both classes when pre-registered by Feb.12,
\$65 thereafter

To register contact Rhonda:
269-345-2991

Rhonda@radiantlifeayurveda.com

Detoxifying Massage Practices:

Basic Relaxation-focusing to relieve stress, rejuvenate circulatory system and encourage natural removal of toxins.

Lymphatic Drainage-focusing to remove excess waste and swelling at a cellular level.

Neuro-Lymphatic Massage-focusing to stimulate the nervous system and lymphatic system for renewal of energy, health, and balance.

Marma Point Massage-focusing to stimulate, heal and balance energy.

Purifying Yoga Practices:

During this two week program, many of the yoga classes at Awake and Aware will focus on these benefits:

Asanas (postures) to stimulate the metabolic, circulatory, lymphatic, and digestive systems for natural removal of toxins.

Pranayama (yogic breathing techniques) to open the passage ways for oxygenation, detoxification, and energization. These techniques are some of the most powerful yogic practices for centering, grounding, and balancing; restoring focus and clarity to the mind, and calm to the emotions.

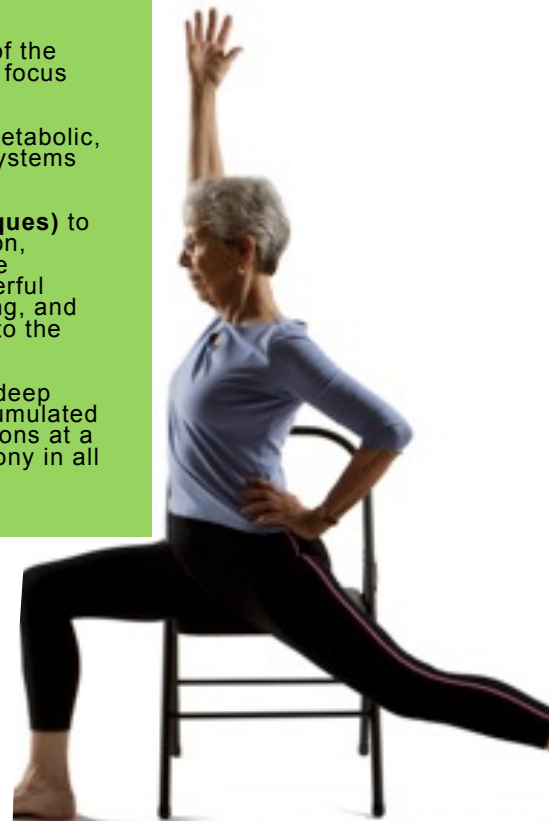
Yoga Nidra (equivalent to 4 hours of deep sleep) to release and rejuvenate accumulated muscular, emotional, and mental tensions at a subconscious level, and restore harmony in all facets of our being.

Ayurveda & Restorative Yoga Workshop – March 2, 1-3PM, \$25

joint & lymphatic care, neuro-lymphatic partner massage,
detox tea, deep rest



www.awakeandaware.net
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Ayurveda Spring Cleanse and Rejuvenation

Instructor: Rhonda Egidio of Radiant Life Ayurveda

269-345-2991; rhonda@radiantlifeayurveda.com; RadiantLifeAyurveda.com

Cost \$55 by February 12 for both sessions and \$65 thereafter

- General intro to Ayurveda
- Importance, expected outcomes, and cautions for Ayurvedic seasonal Detox and Rejuvenation
- Principles and guidelines for effective cleanse and weight loss
- How detox and rejuvenation relates to doshic assessment survey
- Understanding how Ama (toxic waste) forms—both physical and emotional
- Balance as a key principle of Ayurveda
- Demonstration Nadi shodhana—alternate nostril breathing for daily detox and balance
- Taste kitchari and mung dahl (provided at workshop for you)
- Options for Detox
 - Ama Reducing Diet
 - Ama Reducing Diet with 3 days of kitchari and/or mung bean soup
 - Ama Reducing Diet and 3 days liquid fast
- Develop Ama reducing diet plan –and make a shopping list
- Role of spices in detox and rejuv---recipe for hot spice water

Homework: shop for food items and make kitchari and/or mung dahl once, decide on 3 foods or behaviors to eliminate these 2 weeks. Add yoga and massage practices that support metabolic removal of toxins and deep rest to your plan.

- Experiences with meal prep and shopping
- Lifestyle purification strategies
- Demo/present Self Care: Abhyanga, tongue scraping, and using Epsom salts to aid detox.
- Related yoga and lymphatic massage practices
- Emotional cleansing--healing breath
- Finalize 7 day map to include diet (foods and spices) and daily lifestyle actions
- Plan for re-entry to regular eating and rejuvenation diet.
- Review of benefits

Homework: Complete 7 day cleanse.