



## **AYURVEDIC SPRING CLEANSE INFORMATION**

**March 23-31**

**\$75.00 Per Participant (not including  
materials)**

**PLEASE REGISTER BY SUNDAY, MARCH 13 TO ENSURE TIMELY DELIVERY OF ALL MATERIALS.**

Ayurveda believes that it is beneficial to our good health to cleanse our bodies and minds of toxins, wastes and excess doshas at the juncture of the seasons, with autumn and spring being the most important times to cleanse. Cleansing gives the digestive system a chance to reset, repair and renew. These days, self-care is crucial to our immunity and healing process, and doing a cleanse is a great way to incorporate some new habits of nurturing your entire being that can become lifetime support for health and longevity!

Keep in mind, an Ayurvedic Spring Cleanse is NOT a juice cleanse or a fast.

### **THE 9-DAY SPRING CLEANSE STRUCTURE:**

1. Three (3) days of prep (clean eating)
2. Three (3) days active cleansing
3. Three (3) days reintroduction (slowly bringing more variety into the diet).

During the six “bookend” days, a food list will be supplied with some very basic menus/recipes for suggestions to keep it simple. The three active cleanse days will be a kitchari mono-diet with an option to eat spiced oatmeal for breakfast.

### **WHAT IS INCLUDED:**

- **Ayurvedic Spring Cleanse Comprehensive eBook/PDF**
- **Dosha Quiz, Review, and ZOOM Feedback Session** to assess your individual constitution. You will learn the basics about your constitution and what foods/activities/lifestyle best suit you.
- **Facebook Peer Support Group Moderated by Meri Consor.** Our popular private Facebook group provide camaraderie and peer support. The peer support enables us to share ideas, discuss challenges and encourage each other during the process. You are invited to share photos and inspiring messages to help cheer on the group.
- **Daily Instructional, Educational, and Motivational Support**
- **Unlimited Email Support**
- **Scheduled calls, If necessary**
- **BONUS: FREE ATTENDANCE TO ALL OF SUNVEDA’S ONLINE YOGA SESSIONS DURING THE CLEANSE!**



Add-ons to the basic cleanse registration are available. These add-ons include daily routine supplies, cleansing herbs and nutritional supplements. All are available bundled or can be purchased a la carte.

**Spring Cleanse Foods Package \$50.00**

Items Sold Separately:

Split Yellow Mung Dal	\$10.00
Basmati Rice	\$10.00
Kitchari Spice mix	\$10.00
Ghee or Sesame Oil (choose one)	\$10.00
CCF Tea	\$10.00
Spiced Oats	\$5.00

**Daily Routine Package \$75.00**

Items Sold Separately:

Tongue Scraper	\$7.00
Daily Swish (Sesame or Coconut Oil	\$15.00
Dry Body Brush	\$15.00
Nasya Drops for Nose	\$10.00
Ear Oil	\$11.00
Body Massage Oil (Vata, Pitta or Kapha)	\$25.00

**Cleanse Herbs Package \$40.00**

Items Sold Separately:

Triphala	\$20.00
Total Body Cleanse Tablets	\$22.00

**Cleanse Supplements Package \$55.00**

Items Sold Separately:

Ayurvedic Probiotic	\$35.00
(Digestive and gut microbiome support and a boost for your immune system.)	
Ayurvedic Vegenzymes	\$25.00
(Digestive enzymes and Ayurvedic herbs to promote digestion and metabolism.)	

**ALL-INCLUSIVE CLEANSE PACKAGE**

Cleanse materials, support, yoga, foods, daily routine items, cleanse herbs and supplements  
Includes Program Fee and EVERYTHING mentioned above

**\$275.00**