



## AYURVEDIC CLEANSE PROGRAM

Ayurveda has a profound and time-tested understanding of how toxins (ama) and accumulation of excess dryness (vata), fat, mucus (kapha) and/or heat (pitta) spreads from the digestive tract (usually due to inappropriate diet and lifestyle choices) and moves deeper into the bodily tissues causing uncomfortable symptoms and disease. Following such Ayurvedic principals, incorporating herbs, diet, massage and sweating practices, it is possible for the process of imbalance to be reversed and symptoms alleviated as disease is healed at the root cause of accumulation.

Your *personalized* Ayurvedic Cleanse Program will consider your foremost concerns, your current state of health and your hopes and wellness goals to create a plan that feels comfortable and manageable for you. Along the way, you will have the opportunity to learn through knowledge and experience about the healing wisdom that Ayurveda has to share.

### Some Purification Options

- HOME PANCHAKARMA a 9 day process designed systematically to help release toxins and accumulation of vata, pitta and kapha.
- AGNI RESET a one day juice fast to help re-establish the balanced workings of the digestion and eliminations systems.
- TRIPHALA CLEANSE a gentle herbal cleanse helpful to re-establish balance within the elimination system.
- GUGGULU CLEANSE a herbal cleanse designed to removed deep-seated toxins and accumulation of vata, pitta and kapha creating chronic or mysterious issues.

### Ayurvedic Purification and Rejuvenation can help alleviate the following issues.....

- Food allergies and intolerance, nausea, acid reflux, GERD and inflammation
- Elimination issues including loose stool, constipation and gas
- Menstrual issues and discomfort including infertility
- Insomnia, mental unrest, stress and strain, headaches and migraine, nerve issues
- Chronic pain, Fibromyalgia, muscles aches, joint pain and discomfort
- Circulation issues, lack of motivation, feelings of heaviness and lethargy
- Weakness, bone density issues, anemia and fatigue
- Skin issues, acne, asthma, and sinus issues.

### Rejuvenation

Following your program of purification, a plan of rejuvenation is put into action to build your ongoing strength of wellness and lasting immunity, helping to support the new state of health uncovered through the purification process.



### **Your Program Includes**

- Three personalized Ayurvedic Consultations
  - o Consultation #1 - Diagnosis and Personalized Plan of Purification
  - o Consultation #2 - Touching Base, Deepening Understanding & Motivation
  - o Consultation #3 - Rejuvenation and Going Forward
- Ongoing guidance and inspiration as required – you are encouraged to call, text or email your updates, questions and concerns throughout the process.
- Handouts, articles and support knowledge around Cleanses and Rejuvenation.
- Special discounted Treatments (Ayurvedic Marma Therapy, Energy Work and Ayurvedic Massage) as recommended to support the removal of toxins, blockages of energy and strength of immunity. \$50+hst per treatment (save up to \$45).

### **Not Included**

- Food, oils, herbals and recommended Ayurvedic books.

**Investment** \$195+hst

### **Distance Participation**

SKYPE or telephone consultations are available.....

*For over 10 years Shankari and Yogesh Van Acker have been studying the Art and Science of Ayurvedic Purification and Rejuvenations processes. They have personally practiced and experienced the time-tested and fully holistic healing applications that Ayurveda has to offer. For years, their clients and students have been benefiting from the practical, effective and natural practices, along with the special inspirational guidance and support Yogesh and Shankari share.*

### **Registration**

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