

AY:A2

AYURVEDIC FALL CLEANSE WITH KATE O'DONNELL

Introductory Meeting: Oct 22 | 2-4pm | Community Cleanse: Oct 23-Nov 1

Location: Ashtanga Yoga: Ann Arbor, 220 South Main Street, 2nd Floor

ABOUT:

Ayurveda, yoga's sister science, is known for its nourishing, yet effective, approach to cleansing. We generally cleanse the body at the change of seasons, in fall and/or spring. This can be a great way to provide a "reset button" to ensure the integration of healthy routines while life is constantly changing. The fall cleanse prioritizes strong digestive fire, and foods which bring nourishment to the deep tissue layers, which the body pulls from in winter.

The method includes a seasonal and simple, 3 meals/day of cleansing whole foods, and snehana (application of natural oils) to loosen and release impurities. Expensive supplements are not required. You can do it all at home, maintain your basic responsibilities, and forge new habits. To provide support, education, and community for seasonal cleansing is my purpose in facilitating group-cleanse workshops and on-line forums.

WHY:

Digestion gets gunked up over the time and its good to eat clean for a bit and give your gut a chance to heal itself. All it needs is a chance. The winter season requires stores of good fats, and a system that can digest and assimilate the heavier foods which bolster us through the dry, cold, rough qualities of the season. Think of this is your Time of Deep Rejuvenation.

WHEN:

We use only whole foods, teas, and spices- no pills. I will email you clear instructions every day and provide a manual in PDF form, as well as answer questions on-line. This is something you can do while going about your daily life, but you may have to cancel a few evening activities. I offer different plans depending on how far (or not far) you want to go with this, a mild cleanse that takes into account other duties is available, especially for those who are new to making dietary changes.

Oct 22: Attend group meeting at the shala from 2-4pm, pay and register for the cleanse and download your manual from the Facebook AY:A2 community cleanse page.

Oct 23/24: Pre-cleanse. Cooked vegetables, fruits, and grains.

Oct 25-29: Main Cleanse. #meals of kichari daily.

Oct 30: Rest Day. Take rice cereal only.

Oct 31/Nov 1: Post-Cleanse. Reintegrate cooked vegetables and proteins.

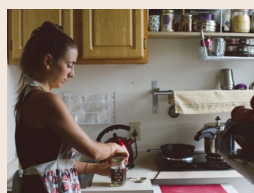
Consult your calendar about this 10-day process.

REGISTER:

By attending the pre-cleanse meeting Oct 22, included in cleanse fee. Please bring payment to meeting.

If you are unable to attend the meeting, please email kate@ayurvedaboston.com before Oct 22 to register.

Cost: \$100 Repeat Offenders: \$75



ABOUT KATE O'DONNELL:

Kate O'Donnell is the author of *The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well*. She is a nationally certified Ayurvedic Practitioner and Ashtanga yoga teacher based in Boston, and still travels to India annually for study.

Learn more at www.kateodonnell.yoga