

Lalita's Spring Cleanse 2016

Clear, Lighten & Rejuvenate

Maria Mendola, RN, MS, E-RYT, Ayurvedic Health Specialist
April 19 thru April 30th, 2016



Ayurveda, Yoga's Sister Science, is an ancient healing modality based upon knowledge and awareness of the qualities of nature. Given that we are inherently one with the nature around us, we can start to view the changes of the seasons as key components to our body's changing needs.

The Kapha season of Ayurveda, also known as the "Season of the Sleepy Bear," is the late winter/early spring-time when the heaviness of the longer nights, damper weather & the congestion of the earth is felt within us and around us. Kapha out of balance can manifest as allergies, colds, excess weight, congestion, sluggishness & depression. Cleansing and rejuvenation are important for us to prepare for the upcoming summer season from a place of lightness and ease. Although each season is perfect in its own way, imbalances can occur as we move thru our stressful daily lives.

The spring season is the best season of the year to cleanse and lighten, shedding old constructs and embracing new ideas and ways of being. If you want to cleanse safely, joyfully and with guidance, consider joining Maria for 12 days of guided cleansing. This is **NOT** a fast. Maria brings to the celebration of Spring a specialized cleanse based on her vast knowledge and training in Ayurveda, yoga therapy, and wellness eating. Join this guided journey through the seasons at the level of your choice.

Please note this particular cleanse coincides with the spiritual time of giving up the old, renewal, rebirth and personal spiritual observance. We will explore this from a deeply personal perspective as we cleanse.

Dates of cleanse: April 19 thru April 30

The first 5 days will be a Pre Cleanse; the next 5 days will be a Full Cleanse, followed by specific instructions for rejuvenation.

- **Pre Cleanse** lecture & meal on Monday April 18 at 6 pm (Meal provided)
(Official cleanse begins the next day)
- **Full Cleanse** lecture on Saturday, April 23 at 6 pm (Meal provided)
- **Final Post Cleanse** Lecture on Thursday April 28 at 6 pm (celebration meal)

Participation is limited in order to provide quality support to each person. www.MariaAlive.com for more information; or info@MariaAlive.com

All three lectures will be recorded and available for all who have signed up, with handouts available by email. Each lecture will have yummy Spring Cleanse foods to sample and eat (recipes for all).

All lectures will be hosted by Natural Grocers, Tucson, AZ



Springtime brings the bloom of new life; The Sangha of cleansing is best when shared in a group. Join us once again, or for your first time.



The Lalita Spring Cleanse Options are as Follows:

Menu	Cost
<p>Bliss Level cleanse for all includes:</p> <ul style="list-style-type: none"> • Pre-Cleanse, Full Cleanse & Post Cleanse instructions • First night pre-cleanse lecture Monday April 18 @ 6pm presentation of the concepts and principles of the Spring cleanse. • Full Cleanse Lecture (Saturday, April 23) – 6p for Cleanse Meal & lecture Post Cleanse Lecture (Thursday, April 28 – 6p for Celebration Meal & lecture) <p>Cleanse Herbs & Supplies: The key herbs to be started during the cleanse (<i>All herbs are organic & trustworthy in their quality.</i>) NOTE: Additional Herbs & foods may be suggested to customize your cleanse; these are optional & a separate charge from what will be provided in your kit.</p> <p>*New for 2016: a newly expanded e-book, an online journaling concept to keep track; and additional essential oils to add to your cleansing experience:</p> <ul style="list-style-type: none"> ○ How to administer your own home treatments & Cleansing Recipes ○ General Ayurvedic information, help in designing your new healthy lifestyle ○ Daily emails with cleanse updates, step by step reminders & encouragements, along with therapeutic teachings; your daily mudra, Yoga Nidra options, Meditation practices; offering of Daily Yoga Therapeutics; and a daily journaling concept to help in tracking. ○ Private email support as needed, including customizing your cleanse ○ Private Facebook Page for all Cleansers to connect, share and virtually cleanse together. ○ Lalita's new Spring Cleanse e-book 2016 <p>NOTE: All lectures will be live in Tucson, and available as a private link to be viewed when you can. For kits needing to be mailed, there is a separate charge of \$8 for shipping (Canada higher costs)</p>	<p>\$195</p>
OTHER CLEANSE OPTIONS (Self-Care Practices will be given in lectures)	
<p>BUDDY SPECIAL: CLEANSE WITH A FRIEND, SHARE THE EXPERIENCE</p> <ul style="list-style-type: none"> • SIGN UP WITH A FRIEND for the Bliss Level. Each person gets a \$10 bonus discount <i>NOTE: Must sign up together – CONTACT MARIA directly for this offer.</i> <p>LARGER GROUP SPECIAL: 5 or more people signed up together can receive an even greater discount. Cleanse as a group, share the experience, and get a great discount. CONTACT MARIA directly for this offer.</p>	
<p>Private Ayurvedic Consultation – a personal 60 minute session. Available in person (Tucson) or by Skype.</p>	<p>\$75</p>
<p>Full Bliss Treatment Plus – Marma massage, Herbalized full body steam treatment, Shirodhara (NOTE: this treatment includes a mini ayurvedic consultation). 2 hours long</p> <ul style="list-style-type: none"> • NOTE: <i>The hallmark of an excellent Ayurvedic Cleanse is to receive the body treatments that help to purge the system of toxins.</i> 	<p>\$140</p>
<p>BACK BY POPULAR DEMAND – THE FULL BLISS PLUS TREATMENT CLINIC:</p> <p>* Book on the specific clinic dates, and receive a significant discount. This treatment includes Shanti's wonderful myofascial release work (Dates for the \$20 savings each session – Friday 4/22 and Friday 4/29) NOTE: book soon, these slots fill quickly</p> <p style="text-align: center;">CONTACT: INFO@MARIAALIVE.COM FOR ANY QUESTIONS</p>	<p>\$120</p>