

Blue Lotus Sanctuary
Ayurveda and **Yoga**
613 Dollar Street Coeur d'Alene Idaho 83814 208.659.9447

Patricia Berger of Blue Lotus Sanctuary invites you to participate in a ...

Spring Cleansing

March 20 - April 9, 2017

Fine tune and customize the daily rhythms of Ayurveda



Patricia practices Ayurveda, the ancient natural art of Prevention and Healing. A long-time bodyworker and yoga instructor (E-RYT 500), she combines her extensive training, knowledge and personal experience into lively, heart-felt teaching, transmission and service. She is certified as an Ayurvedic Practitioner and Panchakarma Therapist by New World Ayurveda of Santa Barbara, CA and Kerala Ayurveda.

Focus , Evolve , Transform and SPARKLE on all levels !!!

For more info contact Patricia Berger

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CLEANSE BENEFITS

ALLERGY RELIEF
LIVER DETOXIFICATION
CLEAR SKIN
INCREASED ENERGY
IMPROVED SLEEP & DIGESTION
MENTAL CLARITY
EMOTIONAL EQUANIMITY
OPTIMIZED WEIGHT
REDUCED INFLAMMATION
STRONGER IMMUNITY

Thrive in your body, mind, & heart
Fine tune & customize the daily rhythms of Ayurveda

Pre-Cleanse: March 20-29

During this time begin to sift, sort, streamline and shed anything in your closets, cupboards, counters or refrigerators which you no longer need.

Main Cleanse: March 29, April 2, April 6

The Wednesday sessions will focus on renewal, quieting the mind and heart and inner listening. We will practice the skill of shifting out of high cortisol reactivity and into EASE and SPACIOUSNESS.

Post Cleanse: April 9

This will be an important day of ritual, study, practice, dialogue and preparation to support your cleansed body-temple in the months ahead.

Investment ~ \$150.

Includes 30-minute pre-cleanse consult with Patricia to assess and customize your detox plan. We will discuss your exercise and lifestyle routines and you will receive your cleanse manual.

