

# Cleanse + Detox

## 2 Week Online Programme



Rejuvenate, Reboot & Restore Your Body & Mind with  
Yoga, Meditation, Ayurvedic Cleanses & a Guided Detox  
£25 for the Full Programme



From March, Spring is here and it is time to come out of hibernation and Spring Clean your Body and Mind. Spring is the perfect time to Cleanse + Detox Body, Mind & Soul. As we prepare to come out of the hibernation of winter this is the time that our body's natural systems most benefit from a Detox + Cleanse. Let me guide you in this 2 Week Cleanse + Detox Support Programme designed to rejuvenate, reboot and restore your Body & Mind through Yoga, Meditation, Ayurvedic Cleanses & a Guided Detox (Either a 3/5/7 Day Juice Cleanse or a 3/5/7 Day Green Smoothie Cleanse).

A Spring Cleanse is highly recommended to yogis through our sister science – Ayurveda. Ayurveda is a holistic whole-body approach to health care, focussed on keeping the body well and in optimal balance. Many approaches to Cleanses and Detoxes are too one dimensional, focussing simply on the diet rather than the whole body/mind system. The aim of this programme is to fill in the gaps with Yoga, Meditation, Ayurvedic Rituals/Cleanses and Mindful Living whilst sharing with you two tried and tested Detox Menus and keeping you accountable through a Facebook Group and email support.

The two chosen Detox Menus, are free downloadable PDFs created by nutritionists & experts in the field of Detox Diet. I have chosen these, as I have done both before and find them highly effective. My preference is definitely the Juice Cleanse, but I understand that you may not want to purchase a Juicer, where as many of you will already have a Blender for the Smoothie Detox. Juicers can be bought from as little as £30 and are a great health investment.



Reboot with Joe – Juice Cleanse

Or

Odacite – Green Smoothie Detox



## Cleanse + Detox Programme Includes:

So the detox menus I have chosen are free! Check out the links below and download the detox menus. I'll support you in choosing between the two.

### Reboot with Joe – Juice Cleanse

[http://www.rebootwithjoe.com/wp-content/uploads/2013/06/rbwj\\_5-Dayplan0626.pdf](http://www.rebootwithjoe.com/wp-content/uploads/2013/06/rbwj_5-Dayplan0626.pdf)

### Odacite – Green Smoothie Detox

<http://www.odacite.com/v/vspfiles/assets/images/pdf/3-DayDetox%20Odacite.pdf>

Having the Menu – is the first baby step! For support, guidance and the full Body + Mind Programme, join my Cleanse + Detox Programme for just £25, which includes:

- Introduction to Ayurveda + Ayurvedic Dosha Assessment to enable you to personalise your programme.
- 7 Recorded Guided Meditations in Mp3 format, to clear the mind, remove negative thought and mental toxins.
- 30 Minute Online Yoga Class – to relax and restore. Ideal way to support your body during a detox.
- 10 Minute Online Morning Yoga Practise – a short, daily yoga practise with lots of twisting poses to massage the abdominal organs, stoke your metabolism and boost your whole system for the day ahead.
- Introduction to Restorative Yoga and downloadable PDF, to relax and restore your body enabling it to fully benefit from the healing effects of your detox.
- Guide on 'Preparing For Your Detox' including the necessary steps to guarantee a rewarding and healing experience. Includes advice on purchasing a juicer/blender, how to prepare your body and mind, how to fit a detox into a busy working week and how to reduce withdrawal and detox symptoms.
- Morning Ritual including simple Ayurvedic Cleanses to improve the removal of toxins during your detox.
- Evening Ritual to support rest and relaxation as your body reboots and heals. Includes a guide to self massage, gratitude practise and pranayama exercises (yoga breathing).
- Facebook Support Group, connect with other programme participants and myself for advice, encouragement and accountability – the most vital step for a successful detox. If you don't feel comfortable using Facebook or wish for a more private experience, I am available for email support 24/7 during the programme.
- Guide to 'Completing Your Detox' and maintaining optimal balance.

## This Programme is split into 2 Weeks:

1) A simple preparatory week (16<sup>th</sup> – 22<sup>nd</sup> March) in which you slowly cut down on certain food groups, complete the Ayurvedic Assessment, clear your home of temptation, shop for foods and any equipment (i.e. juicer or blender) and follow my other recommended steps.

2) Followed by a full Detox & Cleanse (23<sup>rd</sup> – 29<sup>th</sup> March). How many days you actually follow the detox diet for is based on you as an individual, how you feel, and your Ayurvedic Dosha. Both detox diets are liquid based (either juice / smoothies) I recommended keeping with the liquid diet a minimum of 3 days up to a maximum of 7 days. I will support you through deciding whether you commit to 3, 5 or 7 days. The full detox will take 7 days, so either 7 days of juicing/smoothies or 3/5 days of juicing / smoothies followed by reintroducing solid plants based foods.

## How The Programme Works:

The Cleanse + Detox Programme is an online programme designed to support and supplement two pre-existing free downloadable Detox Diets. Information, Guides, Online Yoga Classes, MP3 Meditations will be delivered direct to your email at the beginning of each week, with additional material coming out during the two weeks. You'll be invited to join a private Facebook Support Group and also draw on my experience, advice and expertise via email 24/7 throughout the programme.

The Dates of the programme are flexible. For Group participation, the Cleanse + Detox programme will commence with the Preparatory Week on 16<sup>th</sup> March and the Detox Diet starting 23<sup>rd</sup> March. It is on these two dates that I will email you the majority of information, if however these dates aren't suitable, you can save the information and do the detox at another time with email support and accountability from me.

## To Join:

This Cleanse + Detox Programme is £25, to join simply email: [laura@laurafisheryoga.co.uk](mailto:laura@laurafisheryoga.co.uk). You'll then receive payment details. The Programme will commence 16<sup>th</sup> March when you receive your first email with instructions.

## Important Information:

Disclaimer: The responsibility for the consequences of your use of any suggestion or procedure described in the Cleanse + Detox Programme lies not with the authors, publisher or distributors of this programme. This programme is not intended as medical or health advice. We recommend consulting a Doctor before commencing a Detox or Cleanse. A Detox and Cleanse is not suitable if you are pregnant, breast feeding, of undergoing current medical treatment.