

Siddhi's YOGI CLEANSE



We detoxify/cleanse for many reasons: mainly for health, vitality, and rejuvenation; to clear symptoms, treat disease, and prevent further problems. A cleansing program is ideal to help reevaluate our lives, make changes, or address any food issues or concerns. We cleanse because it makes us feel more productive, creative, open to subtle and spiritual energies, and to eliminate old patterns, purify our body, and make room to elevate our spirit. Every thought, every emotion is stored in our internal organs. Combining the cleanse with daily yoga, meditation, chanting and mudras is one of the most powerful combinations there is to heal on all levels. We cleanse to feel more **ALIVE, AWAKE & AWARE.**

THE 11-DAY CLEANSE:

A Daily 90 minute Kundalini Yoga class is designed to facilitate the cleanse process, detoxify the body & strengthen core vitality. Classes will focus on key organs and systems such as: the liver, colon, spleen, kidney, stomach, digestion, elimination, the nervous & circulatory systems, and the bloodstream, in order to provide the body the supportive energies needed to rebuild as it detoxifies.

DAYS 1 - 6 • Introduction & basic toning: Organ strengthening & detoxification.

DAYS 7, 8 & 9 • Fasting days.

DAYS 10 & 11 • Re-Integration with renewed vitality & the tools to stay healthy & radiant.



SIDDHI ELLINGHOVEN holds a degree in Social Pedagogy, is a KRI certified Kundalini Yoga Teacher in Carpinteria, Santa Barbara Yoga Center and at the Golden Bridge in Hollywood. She studied Naam Yoga with Gurunam (Josef Michael Levry). "Siddhi's Yogi Cleanse" started in 2000 and has been successful for hundreds of students at the Santa Barbara Yoga Center, Yoga Jones in Ventura, also internationally in Muenchen, Germany, and in Zurich, Switzerland.

Wednesday, **APRIL 30TH** - Saturday, **MAY 10TH**

7:00 - 8:30 am Daily Kundalini Yoga Classes

\$285 price includes classes & cleansing products



SANTA BARBARA YOGA CENTER

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Payments for workshops are non-refundable, but may be converted into credit (minus \$15 processing fee) if cancellation is made with a minimum of 48-hour notice.