**The Yogic Cleanse**

**New Moon to Full Moon**

**March 28 - April 11**

Starting on Tuesday March 28th and going for 15 days until the moon is Full on April 11th! It is a powerful experience to cleanse the body and let go of winter stagnation and build up of tamasic energy.

Herbal Cleanse with a plant based vegan diet!

You will be provided with a cleansing kit from Health Force International with detailed instructions.  This is a full and complete herbal supplement kit with multiple products to take during and before meals.  And full support by an experience herbalist and cleansing enthusiast.

Included in this hardcore and awesome program is:

* Detoxification, parasite cleanse, liver flush, elimination of toxins
* A list of dietary restrictions to prepare for the cleanse and foods to avoid during the cleanse.
* A full two week cleansing system with all the herbs, powders and supplements you will need to safely and effectively cleanse your body.
* Learn how to safely and effectively come off the cleanse
* Yogic specific foods and herbs to assist your body and mind
* A support group meeting on the first day with Yoga and Meditation
* Yogic practices to assist your cleanse with specific exercise and Kryia's to do during the cleanse.
* Recipes of Yogic foods
* A support meeting half way through with more Yogic cleansing exercises.
* A special class on the Full Moon with Yoga and Meditation.
* Enrollment limited - Space is limited

The cleansing program consists of green powders and superfoods you make into smoothies or put in juice and herbal supplements in capsule form you take before and during meals.  There are 6 products in all. You still eat 3 meals a day during this cleanse if you choose, some of the meals can be substituted by the smoothies / juices.

It is highly recommended to eat a plant based vegan diet during this cleanse. 

The 3 meeting dates and times are Tuesday nights from 7-8:30 pm

March 28, April 4 and April 11

These meetings will be open to others for class who are not in the program.

The Products:

* Intestinal Drawing Formula – 260 VeganCaps
* Intestinal Movement Formula – 120 VeganCaps
* Vitamineral Green – 300 grams power
* Vitamineral Earth – 150 grams powder
* Liver Rescue – 120 VeganCaps
* SCRAM – 150 VeganCaps

\* some of these products you will finish in the 2 week period, some of them you will have a little left over. It is not exact quantities for all 6 products for the two week cleansing program.

**Total Cost for this program is**

$350 if paid in full by March 1st

~includes a 20% discount off retail costs for these products!

**Payment plan -**

$150 deposit due March 1st

$400 total - remainder of balance is due

March 15 ($150) and March 28th ($100)

**Refund Policy:**

(if paid in full)

$150 deposit is non-refundable

50% refund is available before March 14th

No Refunds are available after March 14th

If you are new to cleansing give me a call so we can discuss if this cleansing program is right for you.

For more information call Mohinder Singh at 734-276-6520 or email starbille@gmail.com