

Parkridge Plaza Building
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Columbia, MD 21045



the Yoga Center
of Columbia

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Ayurveda Spring Cleanse

with Debbie Martin & Debbie Helfeld

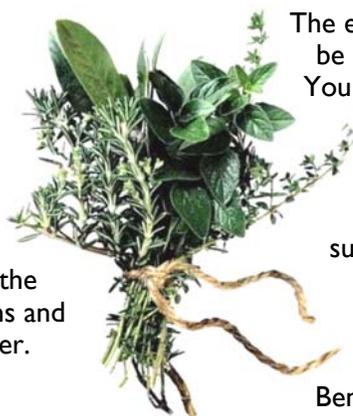
Saturday, March 3, 2018 1:00pm - 4:00pm \$55

Cleansing is not about deprivation or calorie counting, but rather about using a nourishing, easy-to-digest, simple, whole foods diet to rebuild and recharge your body. A spring cleanse is like cleaning out our closets only we are cleaning ourselves!

The change of seasons is the best time to do a cleanse. An Ayurvedic cleanse gives your body the opportunity to rest and reset by removing toxins and excess fat that may have accumulated over winter. This helps reduce imbalances which can lead to congestion, spring colds, allergies and asthma.

Taste food samples and receive step-by-step instructions on the three phases of a cleanse:

1. Preparation
2. Cleanse
3. Post-cleanse support



Rid the body of harmful toxins and strengthen your digestive fire for a healthy Spring.

The entire cleanse, including all 3 phases, can be as short as 4 days or as long as 12 days. You can customize the length of each phase to your own personal situation.

In addition, email follow-ups will provide you with encouragement and support during your cleanse. The benefits from doing even the simplest cleanse can be powerful and leave you feeling lighter and refreshed.

Benefits include:

- Remove toxins from your system
- Improve digestion
- Increase energy and vitality
- Improve clarity of thinking and memory
- Balance your dosha (vata, pitta, kapha)
- Strengthen the immune system
- Rest and rejuvenate the body's tissues



Debbie Martin

Debbie Martin (E-RYT 500) and Debbie Helfeld (RYT 500/E-RYT 200) are both certified Ayurveda Yoga Specialists (AYS). Debbie Helfeld is also certified by NAMA (the National Ayurveda Medical Association) as an Ayurvedic Health Counselor. Both of the Debbies maintain an Ayurvedic lifestyle. They are delighted to share their experience and insights into how an Ayurvedic cleanse can improve your overall state of health.



Debbie Helfeld

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: () Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

() Please sign me up for the following workshop:

Ayurveda Spring Cleanse with Debbie Martin, E-RYT500 & Debbie Helfeld, RYT500/E-RYT200
Saturday, March 3, 2018 1:00pm - 4:00pm \$55

Payment Type: () Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____