

Spring Ayurvedic Cleanse

With Ami Jayaprada Hirschstein



Spring is the ideal time to let go of toxins. Learn a daily Ayurvedic regiment, Dinacarya, to gain better health and immunity. Join together with others in support to "clean house" through: cleansing diet, dinacarya, asana, pranayama and meditation. We will learn how to create balance for our unique system and create more vitality. Recipes, a shopping list and all instructions for cleansing will be provided. A dosha questionnaire and Ayurvedic mini-consult is included. Mini consult sessions are by appointment with Ami. To schedule, please call 845-532-4167.

*Please note: This cleanse is designed in conjunction with Ami & Carisa's upcoming **Spring Into Balance: Yogic Kriyas and Ayurveda Workshop** on **Saturday, May 12th**. If you have already taken Ami's Ayurvedic workshops you can choose to omit the workshop.

Cleanse & Workshop: \$95
Cleanse Only (*Prerequisite) \$55



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