

ULTIMATE ENERGY CLEANSE GREENWICH YOGA PACKAGE

INCLUDES:

UEC CLEANSE KIT

5 herb formulas in concentrated powders packed into vegetarian capsules and program guide.



YOGA AT GREENWICH YOGA

Unlimited Week of Yoga at both GY locations.
Special classes held during group cleanse dates.

JUICE FROM KAIA JUICE BAR

Liver Flush Drink for Days 2, 3, and 4
Two 16oz Fresh Drinks per day of your choice
1oz Organic Wheatgrass each day
32oz Master Cleanser Drink each day

FOOD FROM ERIKA'S KITCHEN

3 meals a day from Erika's Kitchen. Chef Erika Wallace will prepare all of your meals using only the freshest organic/sustainable ingredients. You'll receive five items per day, packaged in compostable containers and clearly labeled. The majority of the cleanse food will be prepared following the guidelines of raw cuisine.

ULTIMATE ENERGY CLEANSE CONTENTS

LIVER FORMULA

This formula, taken on the liver flush days, aides the body to move liver qi (energy) and soothes the liver, while clearing heat and toxins. When liver qi is stagnated, or impaired, emotional disturbances result. Therefore, this formula alleviates stress-related physical tension and emotional irritability.

ALL GREENS FORMULA

This formula warms and nourishes the spleen and stomach, the two organs essential to proper digestion and assimilation of nutrients. This formula, taken at the end of the cleanse, aims to strengthen the digestive system while exposing it to more cold and raw foods than it may otherwise be accustomed to.

IMMUNE SUPPORT FORMULA

This formula has immune-enhancing properties. It is designed to aid in clearing toxins from the system. This formula may aid in clearing parasites from the body or from the digestive tract.

UEC GREENS (GREEN FOODS)

UEC Greens (brand name: Green Foods) is a highly nutritious, mildly alkaline tablet made from organic young barley grass juice.

COLON CLEANSE

This formula gently moistens the intestines and unblocks the bowels.

TONIC FORMULA

This is a generally tonifying, or supportive, formula. It supplements the qi, blood, yin, and yang of the body. Qi is the energy of the body that maintains health and resists disease. Blood nourishes the body. All of our vital organs, skin, hair, muscles, tissues, and bones rely on blood for nutrition. Yin represents the cooling and moistening aspects of the body, while yang represents elements of heat and activation.

ABOUT US

KAIA CAFE - GINA WOODMAN

Gina Woodman is the owner of Greenwich Yoga in Greenwich, Connecticut with her husband Stan Woodman. She holds teacher training certificates from Beyoga (currently YogaWorks) and Om yoga Center. Her fascination with mind-body work and its essential connection to overall health and happiness led her to study Thai massage in Thailand, vipassana meditation in India, Buddhist studies in the Shambhala tradition, and cranial sacral therapy through the Upledger Institute.

ULTIMATE ENERGY TEAM

For nearly a decade April, Jessica, and Stacy have been on a path of self-discovery and self-improvement. On this journey they found the many facets of holistic healing, such as yoga, acupuncture, massage therapy, colonics, herbal medicine, and nutrition. Together they have combined their extensive knowledge and previous cleansing experiences to create this gift for you.

ERICA'S KITCHEN – ERIKA WALLACE

Erica's Kitchen is a weekly meal delivery and drop-off catering service utilizing only organic/sustainably produced ingredients, the majority of which are sourced from local farms and food artisans.

WHY CLEANSE?

Ideally, the body wants to stay in a state of health and balance but it needs the correct “fuel” to run optimally. Yet, even with the correct fuel, the “oil” (blood) needs to be cleaned every so often just like a car. We think nothing of filling our gas tanks with the proper good quality fuel and bringing the car in for a tune-up, oil change, or an emissions check. Why wouldn't our bodies need the same thing? Unfortunately, we often put the incorrect, harmful fuel into our body and then expect it to run, never changing the oil nor cleaning the filters.

The Ultimate Energy Cleanse is a 7 day cleanse system that gives you the opportunity to recharge your battery, clean your oil (blood) and cleanse your exhaust system (colon cleansing, kidney detox, liver detoxification and lung purification) by taking stress off the organ systems while eliminating old, toxic debris and residue from your tissues. The end result can be a body unfit for dis-ease, full of energy and lightness, with a clear-thinking, positive mind. In general, it is wonderful to cleanse four times a year to prepare the body for the changing seasons.

WITH THE ULTIMATE ENERGY CLEANSE YOU MAY:

- Cleanse your colon
- Detoxify your liver
- Nourish your hair, skin, and nails
- Lose weight
- Conquer your food cravings
- Sleep more soundly
- Promote efficient digestion
- Gain a more positive outlook
- Experience increased energy
- Enjoy a more focused, clear-thinking mind

HOLISTIC APPROACH

Living a happy and healthy life comes from balance. We learn to find the balance between taking care of our body, nourishing our mind and creating strong happy relationships. Yoga, bodywork and healthy eating help to restore our natural sense of ease, elation and harmony. Greenwich Yoga seeks to offer services and classes to bring calm and balance to your life.

YOGA

DAILY CLASSES Vinyasa (flowing), Ashtanga, Hot Yoga, Gentle, Restorative, Yin, Beginner and Intro to Yoga

SERIES Family, Pre-natal, Mommy and Me, Kids & Teen

PERSONALIZED Private instruction with one of our fabulous instructors at the studio, in your home or at your office.

EVENTS Ongoing workshops and events with topics ranging from backbending and inversions to meditation and thai massage.

RETREATS Costa Rica Eco Yoga Retreat February 20-27, 2010

YOGA TEACHER TRAINING

200 HOUR Yoga Alliance Certified Teacher Training Program
Fall 2009 Weekend Program or Winter 2010 Weekend Program

LITTLE SPROUTS Kids Yoga Teacher Training –
October 2009 Evening Program with Laurie Jordan, MSW, RYT

500 HOUR Yoga Alliance Certified Teacher Training Program
Coming in the Winter of 2010

HOLISTIC CENTER

OFFERINGS INCLUDE: massage, reflexology, Reiki, healing touch, thai massage, acupuncture and transcendental facials.

KAIA CAFÉ

100% organic juice bar and cafe offering fresh juices, smoothies, wheat grass, coffee, tea, wraps, salads and organic cookies.

GREENWICH NATURAL FOOD CO-OP

Making healthy living accessible, easy and affordable for
Greenwich/Fairfield County. coop.greenwichyoga.com

SEVEN DAY ULTIMATE ENERGY CLEANSE

Cleanse your body and mind with Greenwich Yoga's combination of the Ultimate Energy Cleanse, local, organic foods and specialized yoga classes.

GROUP CLEANSE

OCTOBER 19-25, 2009

Schedule your Ultimate Energy Cleanse at your convenience



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MONDAY – FRIDAY 730AM – 6PM
SATURDAY & SUNDAY 8AM – 6PM

