

## DAILY SCHEDULE



### WAKE UP

First thing in the morning, drink room temp H2O with fresh squeezed lemon and make sure to drink plenty of water throughout the day.

### 8 AM #1 VADYA / BEGIN

Jump right into your cleanse with a sweet green juice that is sure to give your day a power start. Loaded with vitamins, super foods, and detoxifying greens; this super-food elixir will lay the foundation for long lasting energy for your day.

### 10 AM #2 KAIA / PURE

This drink tastes as beautiful as it looks but even more importantly it will give your body the energy it needs to purify. Heating the body from the inside out, this drink will concentrate on the liver while keeping your energy and metabolism steady and strong.

### 12 PM #3 SAUCHA / CLEANSE

Kick your cleanse into full gear with this powerfully detoxifying tonic. This vitamin packed drink, with natural diuretic qualities, will keep your insides working hard to purify while your digestive system gets a well-deserved rest.

### 12-3 PM #4 AGNI / FIRE

Sip on this over a few hours or chug it down, either way this mineral packed lemonade will keep your mood steady and even. You may remain cool on the outside but this drink will definitely keep your insides nice and hot while increasing blood circulation for further cleansing effects.

### 3 PM #5 SUKHA – STIHRRA / STEADINESS - EASE

You'll love it or hate it, just get it down! Allow this potent combo to roll up its sleeves and do its job. The shot of wheatgrass will strengthen our cells, detoxify the liver and bloodstream, chemically neutralize environmental pollutants, flush out toxins while providing an energizing vitamin and mineral packed punch. Chase it down with a cooling juice that will settle and soothe the digestive system while calming the entire body.

## DAILY SCHEDULE OF DRINKS CONTINUED

### 5 PM #6 SANTOSHA / CONTENTMENT

Keep your feet on the ground! This carrot colored concoction will get you through the evening while providing your body with all the nutrients it could ever need. Loaded with necessary vitamins your body craves, it can finally absorb them straight into your blood smoothly with ease.

### 6 PM #7 NIDRA / DEEP SLEEP

Revive, Rest, and Replenish. This soothing brain tonic will give you one more full dose of minerals while settling your stomach with gentle digestive enzymes. It's a cool face wash, stroke on the forehead, and gentle pat on the tummy all in one.

For bedtime, try some fresh mint or basil tea and take a mineral salt bath!

## PRICING & DELIVERY

### KAIA JUICE CLEANSE PROGRAM

Yogi's Choice of 1 Day, 2 Day or 3 Day

**\$50 per day**

### DELIVERY

Delivery (10 mile radius of studio)

**\$25 per day**

Daily delivery between 7-9pm the before cleanse.

Alternatively, pick up at the studio by 6pm the night before cleanse or pick up at 8am the day of cleanse.

### PRE ORDER

Please place orders by 3pm to juice the following day.

We will also give you some guidance to prepare for your cleanse.

*To order call 203.532.0660 or visit  
greenwichyoga.com for more information.*

## A 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, 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.

### YOGA TEACHER TRAINING

**200 Hour** Yoga Alliance Certified Teacher Training Program

**Little Sprouts** Kids Yoga Teacher Training –  
May 1-3, 2009 with Laurie Jordan, MSW, RYT

**500 Hour** Yoga Alliance Certified Teacher Training Program  
Coming in the Fall of 2009

### HOLISTIC CENTER

**Offerings include:** massage, reflexology, Reiki, healing touch 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.



## WHY JUICE CLEANSE?



When a baby enters this earth, its body is “PURE” and functioning as a perfect system. Each cell in the human body is like a tiny sponge absorbing whatever it can and filtering it into the bloodstream. We live in an impure world. Immediately after birth the body must begin selectively filtering the air we breathe, the water we drink, the food we eat, the products we use on our skin.



The human body is an amazing system that is designed to cleanse what we consume, however we no longer maintain diets of pure water, whole grains, and plant based nutrition. In a fast paced lifestyle in an ever-changing world our diet now includes eating more than the minimum we need to survive, over-consumption of animal proteins, processed foods, chemicals in our beauty products, pesticides, alcohol and caffeine. We are demanding more of our bodies purification system than it can handle and therefore creating imbalance in our system. A plaque like build up accumulates on the organs creating a perfect breeding ground for disease to thrive.



*We cleanse to break up and remove the toxic plaque that builds up on our organs so we may restore the “PURE” balance we were born with in this life.*



## GREENWICH YOGA NATURAL FOOD CO-OP

### A HOLISTIC APPROACH

Greenwich Yoga Natural Food Coop has one simple goal — to make healthy living accessible, easy and affordable for Greenwich/Fairfield County. We’re in business to help you treat yourself and your loved ones to wholesome, ecologically-sound products while staying within your budget.

### OUR SPECIALTIES

Fresh organic fruits vegetables and meats  
Organic dairy and soy products  
Healthy snacks, beverages, packaged and frozen goods  
Vitamins and supplements  
Home goods for your baby, pet and household

### WEEKLY PICKUPS

Place your order by Friday at 11am  
Pick-up at Greenwich Yoga on Monday's from 2-6pm.

### HOW YOU SAVE

Warehouse style inventory allows you to save by ordering in bulk.  
“Splitsville” allows you to split cases with other co-op members.  
“Smallsville” allows you to shop for individual items

*To join or for more information, log onto*  
[COOP.GREENWICHYOGA.COM](http://COOP.GREENWICHYOGA.COM).



Greenwich Yoga  
Natural Food Coop

328 Pemberwick Road at The Mill  
Greenwich, Connecticut 06831  
203.532.0660  
[coop@greenwichyoga.com](mailto:coop@greenwichyoga.com)  
[coop.greenwichyoga.com](http://coop.greenwichyoga.com)

introducing

# kaia **PURE** cleanse

*Our juice cleanses are a healthy and delicious way to purify, clearing our system of toxins that slow our bodies and minds.*

### YOGI'S CHOICE

*1, 2, or 3 day programs*



kaia cafe  
& organic juice bar

328 Pemberwick Road at The Mill  
Greenwich, Connecticut 06831  
203.532.0660  
[info@greenwichyoga.com](mailto:info@greenwichyoga.com)  
[greenwichyoga.com](http://greenwichyoga.com)

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