

Siddhi's YOGI CLEANSE

We detoxify/cleanse for many reasons: mainly for health, vitality, and rejuvenation; to clear symptoms, treat disease, and prevent further problems. A cleansing program is ideal to help reevaluate our lives, make changes, or address any food issues or concerns. We cleanse because it makes us feel more productive, creative, open to subtle and spiritual energies, and to eliminate old patterns, purify our body, and make room to elevate our spirit. Every thought, every emotion is stored in our internal organs. Combining the cleanse with daily yoga, meditation, chanting and mudras is one of the most powerful combinations there is to heal on all levels. We cleanse to feel more **ALIVE, AWAKE & AWARE**.

THE 7-DAY CLEANSE:

A Daily 90 minute Kundalini Yoga class is designed to facilitate the cleanse process, detoxify the body & strengthen core vitality. Classes will focus on key organs and systems such as: the liver, colon, spleen, kidney, stomach, digestion, elimination, the nervous & circulatory systems, and the bloodstream, in order to provide the body the supportive energies needed to rebuild as it detoxifies.

- DAYS 1-3 • Introduction & basic toning: Organ strengthening & detoxification.
- DAYS 4 & 5 • Fasting days (Optional - you can also choose to stay on the diet plan).
- DAYS 6 & 7 • Re-Integration with renewed vitality & the tools to stay healthy & radiant.



Siddhi, ERYT is certified in Kundalini, Naam, Sattva & Prenatal Yoga. Siddhi loves the life of a modern yogini, travels the world and spreads the fragrance of the depth and joy that yoga can bring into ones life. She is a Yoga Teacher Trainer and presenter at the International Yoga Festival in Rishikesh, and at the Yoga Alliance Leadership conference in Palm Springs, CA. Siddhi has been teaching the Cleanse nationally and internationally since 2000.

Kathleen J. Zisser MD is a board certified physician who specializes Physical Medicine and Medical Acupuncture. She has her own private practice called East West Medicine of Santa Barbara where she primarily uses the ancient system of Chinese acupuncture along with her in depth knowledge of the musculoskeletal, neurological and physiological systems of the body to treat a wide variety of conditions in a peaceful and healing environment. She has participated in a number of Siddhi's cleanses. She will be offering a simplified protocol of auricular (ear) acupuncture during the cleanse which is specific for detoxification and helps diminish the effects of withdrawal from substances such as caffeine, alcohol and refined sugars.



JANUARY 5th THRU 11th

\$175 for the Cleanse incl. classes, first day breakfast, snack, & consultations

\$215 for the Cleanse incl. classes, first day breakfast, snack, & consultations & 7 acupuncture treatments!



SANTA BARBARA YOGA CENTER

www.SantaBarbaraYogaCenter.com 805.965.6045 32 East Micheltorena St.

Payments for workshops are non-refundable, but may be converted into credit (minus \$15 processing fee) if cancellation is made within a minimum of 48-hour notice.