

ayurvedic **big spring cleanse**

with kathyrn templeton



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

April 23-25 (times on back)

full program: \$125

some classes are also individually priced
(see back for details)

BIG SPRING CLEANSE

Leap into Spring with our BIG SPRING CLEANSE! Cleansing our bodies is always a good idea as we move from the frenetic energy of the winter into the bounty of new growth in the spring. We need to "clean out the closets" and make room to embrace what we want to bring into our lives... new growth and regeneration. At the same time we look to cleansing our minds, letting go of habits that inhibit our self-growth and positive direction in our lives.

Ayurvedic wisdom recommends working with the natural body shifts that occur at the juncture of seasons. Following ayurvedic principles, we will eat a cleansing diet, experience balancing yoga, pranayama and meditation and practice simple daily routines to clear out excesses accumulated over the winter.

Following this weekend, Kathryn will provide daily email support. She will be available to answer questions and offer tips on how to create sukha (ease) and sthira (steadiness) throughout this cleansing process.

see back for details & registration

KATHRYN TEMPLETON, MA, RDT/MT, E-RYT

Kathryn is a Certified Teacher of Rod Stryker's ParaYoga® Teacher, an Ayurvedic Consultant and psychotherapist. She attended the Kripalu School of Ayurveda where she has had the honor of studying with Dr. David Frawley, Dr. Vaas Houston, Dr. Vasant Lad, Dr. Robert Svoboda, and Dean Dr. Hilary Garivaltis. Today, Kathryn assists at the Kripalu School of Ayurveda, hosts a 500 hour yoga teacher training program and workshops nationally. For 17 years Kathryn has worked as a psychotherapist in clinical settings and is currently at The Clifford Beers Clinic in the Morris A. Wessel Trauma Center for children and families developing yoga therapy programs. She also operates a small private practice, Yogafusions, using ayurveda and yoga therapy to treat a range of concerns. Kathryn lives in Connecticut with her three beautiful children.

AYURVEDIC BIG SPRING CLEANSE

ALL YOU NEED TO KNOW ABOUT AYURVEDIC CLEANSING (& staying sane while you do it): Single Class: \$40

Friday, April 23: 6:30pm - 9:30pm

This weekend is comprised of four sessions, starting with the "All you need to know about Ayurvedic cleansing and staying SANE while doing it!" This is an important event where cleansing herbs will be handed out for those who are participating for the entire weekend to prep for the cleanse.

CLEAN THE CLOSETS (only open to full weekend participants)

Saturday, April 24: 9:00am - 11:30pm

Saturday, April 24: 1:30pm - 4:00pm

Saturday morning we move into the psychological and mental prep for our cleanse, the pre-tox or "Clean the Closets". This is where we will look to letting go of those things we have outgrown, including physical and mental habits, and eliminating a few of them from our "closets", while strengthening healthy habits to replace those we have discarded. As we move deeper into our cleanse prep, on Saturday afternoon, we will review recipes while learning how the five tastes impact our weight, energy and sense of "full" fillment.(instruction manual and daily log will be handed out).

DEVELOPING PERSONAL PROGRAMS: Single Class: \$35

Sunday, April 25: 9:30am - 11:30am

Sunday we will be filling our bodies, minds and spirits with prana (life force) by developing personalized programs for balancing our lifestyles according to what is out of balance; Vata, Pitta or Kapha. This will include a personalized asana, pranayama and meditation or nidra practice, as needed. After all that asana, we will celebrate the end of our prep and the start of our week with a pot luck to taste the recipes and share questions about how to proceed with our week of cleansing. (recipe packet will be distributed).



*"Let's ride the waves of beauty and bliss together into a divine Spring!"
Love, Kathryn*

Participation in the full program is strongly recommended.

Full Program: \$125

PRE-REGISTRATION RECOMMENDED. Cash or check only: payable to Sangha Yoga

Name(s) _____ Contact # _____

Email _____

Please write the number of people attending each workshop →

TOTAL PAYMENT ENCLOSED: \$ _____



Full Program: \$125 _____

OR

Individual Classes

Fri night: \$40 _____

Sun. morning: \$35 _____