

EIGHT- DAY AYURVEDIC GROUP CLEANSE

with Connie Mardon



March 5-13th

NO STRESS - JUST SUCCESS!

Seaside Yoga Sanctuary (Seaside Studio)

Have you ever wanted to go on a cleanse but feel you will have to drop all your activities including work? Or maybe you feel scared that it will be too hard and you will be starving, and you might give up right in the middle. These are some of the reasons people shy away from taking the time to rid their bodies of excess ama. Ama in Sanskrit means toxicity. According to Ayurveda, ama can also permeate the mind and the body. In this day and age where pollutants are abound and stress is prevalent, we need to rejuvenate and reset our bodies and minds and start from scratch. How about setting a new baseline for starting new and enjoying a strong digestion once again?

This will be based on the principles of Panchakarma, an ancient healing cleansing ritual from India. It is affordable, yet a very powerful way to re-balance your body and most importantly, calm your mind. And the great news is you can do your regular activities on it too!

THIS IS NOT A FASTING CLEANSE

Cleanse Includes:

- **Two group meetings: March 5th, 1-3pm & March 13th, 1-3pm (both meetings held in Seaside studio that includes a yoga class)**
 - 3 Yoga Specific Classes for Detoxification & Relaxation
 - Daily Email Reminders
 - Unlimited Email Support
 - On-line Group Forum
 - Some dietary staples provided



Connie Mardon received her 200-hour training from Seaside Yoga Sanctuary and is a Certified Ayurvedic Medicine Practitioner and member of the National Ayurveda Medical Association. She specializes in Ayurvedic consultations, massage and Panchakarma, an ancient cleansing for body, mind and spirit. In her yoga classes, Connie discusses Ayurvedic postures for different body types and Ayurvedic tips for healthy living and emphasizes breath, body movement and meditation, focusing on integrating the three and becoming one with the mind. Connie has had yoga in her life for over 35 years and believes yoga is for everybody and encourages all people. Yoga is not about turning your body into a pretzel, but it is about getting to know yourself and taking the journey inward. She believes that living in a world where demands and challenges are coming at us every day, yoga and meditation can change one's way of handling stressful situations in a more peaceful manner.

Seasideyogasanctuary.com 831-899-YOGA (9642)