

Spring Ayurvedic Cleanse

Live Meeting Schedule

Spring 2024 (Times in CDT)

Cleanse Meetings

March 9, 10am: Introduction + Welcome

March 19, 5pm: Pre-Cleanse

March 23, 10am: Cleansing Phase

March 30, 10am: Purgation + Post-Cleanse

April 2, 5pm: Transitioning out of the Cleanse

Yoga Classes

March 22, 10am: Pranayama + Meditation

March 24th, 10am: Yoga for Longevity

March 25th, 4pm: Yoga for Longevity

March 26th, 4pm: Yoga Nidra

March 29th, 10am: Pranayama + Meditation