

Fall Ayurvedic Cleanse

Live Meeting Schedule

Fall 2022 (Times in CDT)

Cleanse Meetings

Introduction + Welcome: September 24, 11am

Pre-Cleanse: October 6, 4pm

Cleansing Phase: October 9, 4pm

Purgation + Post-Cleanse: October 16, 4pm

Transitioning out of the Cleanse: October 18, 4pm

Yoga Classes

Ayurvedic Hatha: October 8, 10am

Pranayama + Meditation: October 9, 10am

Ayurvedic Hatha: October 10, 10am

Yoga Nidra: October 11, 4pm

Ayurvedic Hatha: October 13, 4pm

Ayurvedic Hatha: October 15, 10am

Pranayama + Meditation: October 16, 10am