

Spring Ayurvedic Cleanse

Live Meeting Schedule

Spring 2023 (Times in CDT)

Cleanse Meetings

Introduction + Welcome: March 18, 11am

Smart Supplementation: March 20, 4pm

Pre-Cleanse: March 24, 5pm

Cleansing Phase: March 27, 5pm

Purgation + Post-Cleanse: April 3, 5pm

Transitioning out of the Cleanse: April 6, 5pm

Yoga Classes

Pranayama + Meditation: March 25, 10am

Ayurvedic Hatha: March 26, 10am

Ayurvedic Hatha: March 27, 10am

Yoga Nidra: March 28, 4pm

Ayurvedic Hatha: March 30, 4pm

Pranayama + Meditation: April 1, 10am

Ayurvedic Hatha: April 2, 10am