



Yogi Detox

live May 1-23
your living foods ayurveda & anusara yoga cleanse
guided by Cate Stillman

You might notice that you're ready to cleanse. You're ready to start creating new inroads to Your Potential You.

Starting now with the most simple rituals, between Monday and Friday, will ensure you an easy transition into your cleanse. Don't make this into an all-or-one perfectionist palace. Just do what you can and notice!

good luck... cate

To sign up by April 15th and get the early bird discount check out:

Yogidetox.com



A WEEK OF SUGGESTIONS

make space

Monday

Drink 2 cups hot water upon arising. Tea water hot to hydrate and flush waste (urinary, excretory).

Tuesday

Dial in 20 minute of movement before eating.

Every day move before you eat. Move your breath to open your body. Move your body to increase the depth of your breath.

Wednesday

Go to bed earlier.

Rise earlier. Are you rested? Notice your natural energy, without food or stimulants.

Thursday

Have a fresh green drink for breakfast.

Put some leafy greens and fruit in a blender with water and a few dates. Press go. Drink about 1 quart when you're hungry. Don't eat more food until this is digested.



Friday

Reflect

How do you feel? Why do you feel that way? How are the body and mind optimized by what you do? Commit to sticking to the morning routines during the weekend.

WHERE TO BEGIN

Often I find a level of resistance around cleansing. It goes something like... I know I should cleanse, but then I can't partake in X, Y, Z.



But what is really happening at the root? When we delve beneath the thought patterns, we find a body that desires a better experience... we find a field of potentiality ready to expand.



Let's just start by stepping into that field of potentiality. Creating some space... opening it up.



Basic Green Smoothie:

2 cups leafy greens (kale, romaine, etc.)

1 citrus fruit (grapefruit/orange)

3 cups water

agave, stevia or a few dates to taste

blend until well mixed.

Enjoy!