

Super Cleanse

with Laurel Hodory

2012

presented by



Benefits:

- Eliminate cravings
- Increase your energy
- Lose weight
- Sleep better
- Clear brain fog

Meeting Times:

Kickoff meeting

Sunday 4/15 • 1:30-4pm

Yoga Cleanse Classes

Sunday 1:30-3:30pm
April 22 & 29

Support Meetings

Monday 16, 23, 30 6-6:45pm
via teleconference.

All classes and teleconferences will be recorded and made available online for participants who miss the regularly scheduled meetings. So there's no excuse not to enroll!

Register:

Pai Yoga & Fitness
www.paiyogafitness.com

April 15-30

Clear the junk out of your diet, body—and mind! In yoga, it's believed that the mind-body connection is so powerful, our thoughts have an impact on how we feel and act. In this two week Super Cleanse, you'll learn how to identify toxic foods and thoughts that cause you to habitually sabotage your good lifestyle efforts! And, you'll receive sound guidelines on how to develop a diet loaded with delicious Super Foods that satisfy your cravings, rejuvenate the body and remove excess toxins and fat responsible for chronic ailments and lackluster vitality.



Week 1: Elimination of Cravings & Trigger Foods

Week 2: Rejuvenate with Super Foods and Juicing

Cost: \$185

Pre-Registration is required by April 5th

Includes:

- Super Cleanse Instructional Materials Book by leading expert in the field
- Online Support
- All Meetings & Yoga Cleanse Classes and More!

A lifelong student of wellness, Laurel Hodory, MS, E-RYT500 has been a leader in the central Ohio wellness community. While she studied environmental health in graduate school, she found that yoga helped her to deal with the stresses of writing her thesis, her father's unexpected death, a back injury and a lifelong eating disorder. She has led numerous cleanses over the past decade and cured herself of chronic adrenal and thyroid conditions through diet and yoga lifestyle. Her greatest joy is to empower others to live their life on purpose with great health and vitality. She teaches yoga workshops and retreats internationally.

For more information, go to www.laurelhodory.com