

Ayurvedic Purification Retreat

With Melissa Spamer, Cert. Ayu., ERYT

August 4-8th, 2010
GilChrist, Three Rivers, MI
\$750, plus 5 nights lodging



Each participant will be given an individual treatment protocol one month prior to the start of the retreat in order for one to prepare and plan well enough in advance. This protocol will include doshic appropriate diet, teas and herbs. The purification process will actually begin three days before the start of the retreat, at your home. Please have a lighter schedule on either end of the retreat. We will then gather together on the evening of August 3rd and enter into the main five days of detoxification together. After the retreat concludes you will be given a plan to follow at home for an additional three or more days. In total the purification process will be a minimum of eleven full days, with required daily practices. The intention of this retreat is to assist one in finding a state of doshic balance and therefore begin to help the body heal from chronic conditions and stagnating energy. This retreat will provide the foundation for you to practice a home pancha karma for the future, whenever your body feels the need for a gentle ayurvedic cleanse.

The 5 day retreat includes:

- ~Initial Assessment and Individual 11 Day Purification Plan
- ~All doshic appropriate meals (Vata, Pitta or Kapha Kitchari) and herbal teas
All meals will be carefully prepared by Christopher Neal and Rachel Redmond
- ~Herbal Protocol, some herbs will be included in the retreat package
- ~Purification Package which includes all oils, herbs and supplies needed for the retreat (\$100 Value)
- ~Daily Yoga Practice: Early Morning Kriyas, Pranayama and Meditation, and Afternoon Restorative Flow
- ~Educational Seminars on Pancha Karma (5 Actions), Ama (Toxins) and Agni (Digestive Strength)
- ~Daily Group Process and Creative Expression
- ~Time for Rest and Restoration

Retreat is limited to 8-10 participants! Register Early.



Name:

Address:

Email:

Phone:

Emergency Contact:

A Non- Refundable Deposit of \$300 is required to hold your space. The balance of \$450 is due by July 1st, 2010.

Mail Payment To: Melissa Spamer

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