

# WELCOME TO PRAKASA YOGA STUDIO

## SPRING CLEANSE

I hope these instructions, charts and notes will help you enjoy your cleanse. Cleansing is a natural bodily function – every minute of every day your body strives to maintain a healthy balance between what “foods” it ingests, and what “wastes” it eliminates. Elimination is as important as ingestion!! Our culture is both excess vata (much too busy) and pitta (over-stimulated). This way of living can be great fun short term, but does not create optimal health and longevity long term.

Cleansing 2x/year is a great way to offset a crazy culture. Create a healthy new habit for yourself and you family. **Spring cleanse is “liver season”**. Likely, you might feel your liver detoxing. When you feel grumpy, uncomfortable, cranky, irritable and pissy you will know that the detox is working!! Keep going. You’ll get through it. Let your liver groan and growl. Having emotions arise is part of cleansing; it’s perfectly normal and a good thing. We don’t want to store undigested emotions or thoughts in our tissues.

**Pick your plan, listen to your body, make shifts as needed, and see it through to the end. You will reap the benefits.**

*~ Lynne*

*READ ON>>>*

## **START HERE:**

**Spring: colon, liver**

**Fall: colon, lungs**

**Summer: colon, kidney**

### **1. What is your body type?**

If you do not know your body type (dosha) go to [www.banyambotanicals.com](http://www.banyambotanicals.com) and take their dosha quiz.

### **2. What foods are best for me to eat?**

Go to [www.banyanbotanicals.com](http://www.banyanbotanicals.com) (or search google)  
Read about the foods that are best for your body type.  
Make a list and buy those items, as well as others that you feel drawn to. **Vata, pitta or kapha pacifying food.**

### **3. Choose your cleanse option!**

Juices/smoothie, living foods, alkaline/unprocessed, or kitchari/monodiet...or choose a combination!!

### **4. Make a shopping list. (Sample list below)**

### **5. Shop before you start!**

**Stock your refrigerator with everything you need.**

Try a few new foods from your dosha-pacifying list.

### **6. Schedule cleanse on your calendar.**

Use your days off for the 3 deep cleanse days.

### **7. Read the E-Packet.**

Listen to the mp3 files and practice yoga daily.

## **NON-FOOD SHOPPING LIST:**

\_\_\_ Dry Brush

\_\_\_ Tongue scraper

\_\_\_ Neti pot (nasal rinse cup)

\_\_\_ Enema Kit

\_\_\_ Organic Oil (body massage)

Vata: sesame/almond; Pitta: sunflower/coconut; Kapha: sunflower/olive

\_\_\_ Blender (smoothies)

\_\_\_ Juicer (only if you are juicing)

\_\_\_ Triphala (colon cleanse) bulk or capsules

\_\_\_ Detox Tea: Yogi Tea, Pukka, Traditional Medicinals

## **DRAIN CARE:**

\_\_\_ Baking soda (bathtub drain)

\_\_\_ Vinegar (bathtub drain)

## **BUY ORGANIC FOOD:**

**Buy the majority of foods organic!!**

Dark leafy greens – at least 4-6 types

Fresh herbs – cilantro, parsley, basil, oregano

Citrus fruit – lemon, lime, oranges

Fresh fruits – apples/pear, berries, peaches, melon

(mango, banana dates keep weight on, but don't shed weight)

Fresh vegetables – roots, ground, squash, bush, leaf

(Daikon and red radishes help to shed weight)

Celery!!

Spices- cinnamon, ginger, fennel, cayenne, turmeric

Sprouts – all types or sprout your own.

Ferments - miso, sauerkraut, real pickles, yogurt

Whole grains – rice (brown, basmati, red, wild), quinoa,  
Whole grains con't: millet, buckwheat, amaranth, barley  
Legumes- all lentils, dahl, black beans, aduki beans, navy...  
Sea Vegetables – nori & dulse (easiest to use), wakame...  
Oils - Ghee and coconut oil

**THINK COLOR & BIO-DIVERSITY!!**