

oct. 30 to nov. 1 | weekend retreat | \$250

# FALL DETOX WEEKEND



*detox, renew and revitalize*

*with maria garre*

Join us for a special **Ayurvedic Detox** weekend that will **reset your digestive system**, provide a whole-body cleanse and leave you **healthy and strong!** This is not a detox in a box program, but a **proven, safe, ancient system of healing and detoxing.** The program will guide, mentor and support your detox process. We begin prior to the weekend to prepare the body and come together for a culminating weekend. If you've been looking to detox and feel better this is the program for you !

## PROGRAM SCHEDULE

Oct 14: Phase One Pre-Detox @ home

Oct 21: 5:30 pm to 7 pm  
Group meeting, check-in, and support. Phase Two.

Oct 28: 5:30 pm to 7 pm  
Pre-Weekend Orientation for Phase Three

Weekend Oct. 30 to Nov. 1  
Friday: 5 pm to 8 pm  
Saturday: 8 am to 8 pm  
Sunday: 8 am to 5 pm

## PROGRAM HIGHLIGHTS

Receive a DETOX MANUAL with step by step details for each detox phase. Individualized program design for each participant so space is LIMITED TO 12 PEOPLE.

During the Weekend:

- delicious ayurvedic meals
- cooking demos and recipes
- meditation, gentle yoga, and guided walks
- time to relax, journal, and activate your post-detox living plan
- complete transformation !

**Location: Ananda Shala**

## Maria Garre, e-ryt 500, M.Ed

Maria is the Yoga Director for Ananda Shala as well as a Senior Teacher Trainer and Director for Shiva Rea's Samudra School of Living Yoga. In addition to assisting and studying with Shiva Rea, Maria leads workshops, teacher training and retreats world-wide. With over 15 years experience in mentoring and training students and clients in wellness, health, Yoga she has combined her knowledge of Eastern Philosophy, Biological Sciences, Tantra, Ayurveda and Yoga to offer a dynamic and liberating approach radiant, vibrant living. Maria is a graduate of the esteemed Kripalu School of Ayurveda, with over 800-hours of hands-on training, as a certified Ayurvedic Practitioner and Yoga Specialist. Her extensive-yearly travel to India and on-going studies with Shiva Rea and Dr. Vasant Lad continue to renew and inspire life teachings and workshops.



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