

Spring Cleanse and Detoxification: Retreat and Teleconference

Join Esther Cohen pioneer in nutritional healing and Restorative Yin Yoga Instructor Martine Rudee in a nourishing and invigorating spring cleanse that will educate, uplift, and transform your body mind and spirit. This four week class and three week cleanse, is an experiential journey into self-nourishment that will give you tools and practices for a life-time of well-being. Engage in a deeply nourishing physical and emotional cleanse as you come home to your inner wisdom, and embody the joy and delight that renewed growth and energy bring you.

This 4-week class will guide you through a 21-day cleanse and immune boosting dietary program. Fabulous, nourishing meals, yoga, and daily practices will enhance your body's natural detoxification system; strengthening your immunity while calming your nerves.

The group provides a safe container of wisdom, and experience that supports a successful cleansing process. Personalized health evaluation will be included. This diet is beneficial for everyone, especially those who suffer from chronic disorders, as well as blood sugar imbalances. Restorative yoga naturally warms the body while gently eliminating toxins. Clear out the stagnation of winter with food and yoga to revitalize your body's natural rhythm. Rejuvenate your being and blossom into spring with renewed energy and enthusiasm. The benefits of cleansing and yoga have been documented for thousands of years. Feel like a new you!!

Boulder class Thursdays; April 11th, 18th, 25th, May 2nd

Yoga at " Bodywork Bistro ~ Living Arts Center, Tea meditation, dinner and education at conveniently located beautiful private N. Boulder home.

Lyons class Saturdays ; April 13th, 20th, 27th, May 4th

Yoga, tea meditation, dinner and education at Esther's beautiful mountain retreat near Lyons.

Cost \$365 The Entire Cleanse Package: Herbs for infusion, and probiotics. 4 Restorative yoga classes and tea sittings. 4 organic delicious dinners and cleanse class. Personal health evaluation guidance (\$300 without herbs and probiotics).

Alchemy of Nourishment ~ *The Art Science and Magic of Eating*, by Esther Cohen

**\$600 Share with a partner or a friend (1 book, cleanse powder and herbs for 2)

Teleconference Wednesdays April 17th, 24th, May 1st, May 8th all a recorded and can be listened to at your convenience. \$160 includes class, Alchemy of Nourishment recipe/ guidebook medical cleanse powder, homeopathic drainage formula, \$200 with herbs for daily infusion. **\$250 Share with a partner or a friend includes 1 Alchemy of Nourishment recipe/ guidebook medical cleanse powder, homeopathic drainage formula.



Esther Cohen MS, RD, CBP, is the founder/director of Seven Bowls School of Nutrition, Nourishment and Healing.

A pioneer in the field of the Psychology of Nourishment, her dynamic holistic approach to health and healing integrates nutrition, western and eastern medicine, functional medicine, energy healing, herbalism, shamanism, and a psycho-spiritual approach to disease and dysfunction and have been the essence of 25 years in private practice. Esther has successfully led seasonal cleanses for 10 years and joyfully assisted others in healing their relationship to food. www.alchemyofnourishment.com



Martine Rudee, CYT~ Martine has been studying and practicing yoga, meditation and relaxation for over 35 years and teaching the last 16 years. She is passionate about healing, health and overall wellbeing. Martine teaches a very deep meditative gentle style of Restorative Yin Yoga. Focusing on cleansing cellular breaths, opening and releasing and then gently allowing inner nourishment to enter into your body, mind, and Spirit. Martine leads 3 and 8 day retreats around the world, as well as offering guided yoga CD's and soon to come additional online programs. www.martinerudee.com



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