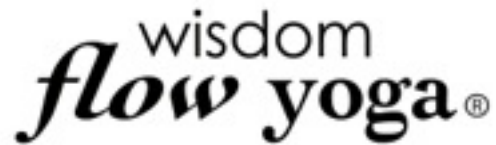


On-the-Go Cleanse  
Monday - Friday  
More info: 808-268-4095



Often when we think of cleansing we think of depriving the body and dealing with hunger pangs and cravings. This cleanse is different. It is very nourishing and soothing to the constitution. There will be plenty to eat and the nutrition will be so complete, cravings will ease away naturally. You pick up your basket of food for the day each morning and commit to eating only what's in the basket plus water. During the cleanse you will increase your water intake drinking 20 oz. of water first thing every morning and at least 8 oz. of water every hour from 8 AM to 8 PM. The 5-day program begins on Monday when you pick up your first box and ends Friday when you return your box and packing at the end of the day. Attendance is limited to 10 people so reserve your spot early by registering with the form below and sending or delivering your payment. Details below, call with questions.

### **Logistics**

Packaging is a key part of the flow of this cleanse. Each member is responsible for providing containers for their daily meals. Before the Cleanse begins, you will drop off your registration form, your check and your packaging at my home in Kula (76 Ka Dr., Kula, HI 96790) or Wisdom Flow Studio 95 Makawao Ave #202, Pukalani, HI 96768. If you are a "first-time cleanser" and not familiar with the studio, make arrangements with me to meet you there. This way you are familiar with exactly where the boxes will be waiting for you each morning. For packaging, please provide a large sturdy box or bag, one large Tupperware for salad, two 32 oz. and two 16 oz. Mason/Ball/Kerr jars. We provide the remainder of the packaging. On the last day, your meals will be packaged in your original containers.

### **What is in the daily package?**

#### **Breakfast**

Cooked Quinoa with Chia Seeds, Almonds, and Cinnamon with Almond-Date Milk

Fresh Fruit Chunks

12 oz. fresh pressed juice (apple, cucumber, beet, ginger, celery, parsley, lemon)

32 oz. Green Tea with Goji Berry Juice (to sip all day)

#### **Lunch**

Salad (greens, sprouts, kale, tomatoes, avocado, carrots, cucumber, apples, tahini herb dressing)

Kale Chips, Veggie Sticks, or Raw Crackers with Delicious Dip

#### **Dinner**

16 oz Variety of Hearty Mineral-Rich Vegan Soups

Raw Trail Mix (your movie snack!)

### **Bring back Empties**

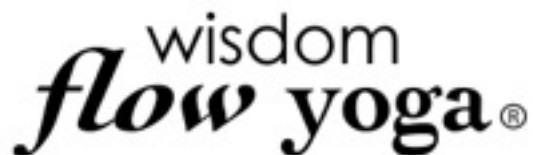
Starting on the second day bring your empties back when you pick up your basket each morning. I will have each of your emails and cell numbers so I will send you reminders.

### **Directions for the food pick up**

GPS 76 Ka Dr., Kula, HI 96790 for pick up in Kula between 6:30-8:00 AM. For Pukalani Pick up between 8:30-9:30AM, GPS 95 Makawao Ave. Pukalani, HI 96768. Feel free to call me for clarification!

808-268-4095

**5-day *On-the-Go* Cleanse**  
**\$375 to Wisdom Flow Yoga**



Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

What are you hoping to achieve with this cleanse?

Do you have any food allergies or sensitivities? If so, what are they?

Have you done a cleanse or fast before? Was it successful?

\$375 per person.

What Payment Method will you be using?

- Check (made to *Wisdom Flow Yoga*)
- Cash
- PayPal Invoice (you can pay with credit card this way)

Mail or Drop off form to: **Wisdom Flow Yoga - 95 Makawao Ave. # 202, Pukalani, HI 96768**