

Join Me for a Fall Cleanse

Intro to Ayurveda with Iris: Sat.
October 6th 2-4 pm MSY \$25

Intro to this Easy 6 Day Cleanse:
with Sarah Barash October 7th 2-4 pm
SuperCharge

Guided Cleanse to do in your
own home: October 9-14
includes the intro class \$79

WE WILL BE DOING THE CAP CITY CLEANSE

A Gentle food based cleanse to begin your
understanding of how an ayurvedic cleanse works.
Nothing harsh or complicated!
FEEL THE SUPPORT IN THE SHIFT OF THE
SEASON!



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Untitled Event

August 19, 2018
7-10pm

The Location
1234 Main Street, Anytown, State ZIP
www.example.com

Trenz Pruca
4321 First Street
Anytown, State ZIP



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7-10pm

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