

Dear Student,

You are registered for course # 3907-501. This course combines both "Living in Peace: Living From the Heart with Courage and Love" and "Gratefulness=Greatness= Happiness" with Gurmukh Kaur Khalsa and Gurushabd Singh Khalsa **PLUS** a special cleansing regimen. The dates of the course are August 25 – September 1, 2006.

Please note that there is a special schedule for this course:

Schedule:	Monday	<b>4:00AM</b>	<b>Yoga session</b>
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Tuesday	<b>4:00AM</b>	<b>Yoga session</b>
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Wednesday	<b>4:00AM</b>	<b>Yoga session</b>
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Thursday	<b>4:00AM</b>	<b>Yoga session</b>
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Friday	<b>4:00AM</b>	<b>Yoga session</b>
		9:00AM-12:00PM	Workshop
		8:00PM-10:00PM	Workshop
	Saturday	<b>4:00AM</b>	<b>Yoga session</b>
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Sunday	<b>4:00AM</b>	<b>Yoga session</b>
		9:00AM-12:00PM	Workshop

Please note that this course has an extended schedule when the Children's Program will not be available. The above schedule is subject to change at the discretion of the faculty.

**If you do not arrive on campus until Monday morning's 4:00AM class, please check in at the Main Office after 8:00AM.**

The faculty has asked us to inform you of certain restrictions in order for you to obtain the greatest benefit from the cleansing regimen.

NO pregnant or nursing women.

NO cigarettes!!

NO recreational drugs.

NO pharmaceutical medication (there are some exceptions—please call our Registration Department for details).

NO aspirin/tylenol or any over-the-counter medication.

NO deodorants with aluminum chlorohydrate or alcohol.

The attached documents will give you a greater understanding on the cleanse and what it entails.

Our Registration Department has further information on these and other details. Please give them a call at 1-800-944-1001 to discuss any concerns you might have.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

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The Golden Bridge Yogi's Cleanse is based on the teachings of Yogi Bhajan and 5,000 year old Yogic and Ayurvedic Traditions of self-healing through diet, nutrition and yoga. The Yogi's Cleanse is supported by Superior Chinese Herbs formulated by Ron Teeguarden, one of the leading Chinese Herbal Masters in the West.

The Yogi's Cleanse is designed to create a gentle detoxification of the body. Many cleanses take a more radical approach and may create a "healing crisis". With the tonifying and restorative energies of the Superior Chinese Herbs and the strengthening of daily Kundalini Yoga classes, the Yogi's Cleanse provides the body the needed supportive energies to rebuild as it detoxifies. In Ayurveda, we call this the "antidote principle" and through it we can cleanse without becoming depleted.

From the yogic perspective, food is the medicine which creates the essential energy and equilibrium in the body. From the early times of our human experience, food has been our medicine. Unfortunately, in modern times, we have managed to process the healing properties out of our foods so that much of what we eat is often toxic and depleting to our system.

According to the Vedic Traditions, all matter and energy has one of 3 attributes (Gunas):

Satvas: Elevating and Healing

Rajas: Neutral

Tamas: Toxic and Depleting

With the Yogi's Cleanse you will give yourself seven days of Sattvic foods and activities to cleanse yourself of the Tamasic elements in your life. This will allow your body and mind to rejuvenate, regulate and heal. Through this process, you can eliminate old patterns and begin to create new habits for a healthier you.

The Yogi's Cleanse is a program of nutritious vegan, alkaline foods, herbal supplementation, healing tonics and teas, hydrotherapy, nutritional counseling and Kundalini Yoga and Meditation. It is not a fast. You can eat as much as you need of the delicious foods, and at the same time learn to stop eating before you feel full. We will do the Yogi's Cleanse for seven days based on the ancient Tantric teaching that seven is a number of elevation, expansion and light. The Yogi's Cleanse is a program to elevate the spirit through the process of elimination and purification.

#### The Yogi's Cleanse Program:

The Yogi's Cleanse is divided into four phases and supported with daily Kundalini Yoga classes and supplementation with Superior Chinese Herbs.

Phase 1: Day 1 and 2: Introduction and basic toning: In this phase of The Yogi's Cleanse, you will introduce your body to the alkaline vegan diet and begin tonifying and fortifying the system to prepare for detoxification.

Phase 2: Days 3 through 5: Liver strengthening, toning and detoxification: The liver is the primary organ of cleansing the body and regulating the body's natural energies. In this phase of The Yogi's Cleanse, you are loosening and eliminating the toxins from the liver.

These three days are also known as the Green Days. During these three days you eat only green food to maximize the prana (life force) to facilitate your detoxification through cleansing and purifying the colon. Green foods are the best way to gently achieve this.

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### Daily Dietary Supplementation for The Yogi's Cleanse:

- 1.) Yogi Tea : A yogic tonic of Cinnamon, Ginger, Cardamom, Cloves and Black Pepper. Yogi Tea is the original "chai" recipe. In the ancient traditions it was used to cleanse and rejuvenate the liver. This is taken first thing in the morning.
- 2.) Master Cleanser Drink: Combination of lemon, water, maple syrup and clove spice. This drink helps alkalize the body and sustain sugar levels. It is taken throughout the day as desired.
- 3.) Liver Flush: A concoction taken on the mornings of days three through five. It is made of clove spice, parsley, garlic, pinch of cayenne, oranges, grapefruit, lemon, ginger and olive oil. It is used to help flush the liver and gall bladder.

The herbal supplements listed below are taken every day.

#### 4.) Golden Cleanse and Tonic Tea:

This formula is generally tonifying, with an emphasis on regulating all human functions in order to establish harmonious, adaptogenic functioning at all levels. It is re-energizing, balancing, emotion balancing, brain tonifying, and cleansing.

Contents: Duanwood Reishi, Gynostemma, Schizandra, Lycium, Tibetan Rhodiola, Atractylodes, Agaricus, Polygonatum, Polyganum, Licorice, Buplerum, White Peony, Scute, Gentiana, Dried Ginger, Gastrodia, Uncaria, Poria, Gardenia, Rheum, and Red Peony.

#### 5.) Spring Dragon Tea:

Main herb is Gynostemma, a green leafy herb that is consumed to reinforce over-all health. Gynostemma is a very broad spectrum adaptogenic agent that has a strong and safe regulating action on the central nervous system. As well, it is a calming formula.

Contents: Gynostemma, Lo Han Guo, Schizandra, Lycium, Astragalus, and Siberian Ginseng.

#### 6.) Bupleurum and Rehmannia:

This is a deep and superb detoxification formula. It is famous for reducing the size of swollen lymph glands and for a variety of toxic conditions. This formula has excellent skin clearing effects.

Contents: Bupleurum, Platycodon, Licorice, Mint, Arctium, Forsythia, Trichosanthes, Scute, Coptis, Phellodendron, Gardenia, Dang Gui, White Peony, Prepared Rehmannia, Ligusticum, Ledebouriella.

#### 7.) Omphalia 11:

This formula is a special blend of Chinese herbs that has been used traditionally to facilitate the cleansing of parasites from the body.

Contents: Torryea Seed, Areca Seed, Omphalia, Mume, Quisqualis, Codonopsis, Atractylodes, Ginger, Zanthoxylum, Licorice, Raphanus.

#### 8.) Small Volcano:

Gently helps promote bowel movements. Effective natural bowel cleansing formulation.

Contents: Rubarb, Senna Leaf, Magnolia Bark, Immature Citrus Fruit, Red Peony, Black Sesame Seed, Apricot Seed, Licorice.

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## Why do the Golden Bridge Yogi's Cleanse:

- \*Group support
- \*Daily Kundalini Yoga
- \*Nutritional Counseling
- \*Improve Digestion and Elimination
- \*Rejuvenate and restore your vital energy
- \*Stabilize or lose weight
- \*Balance metabolism
- \*Balance your emotions
- \*Clear your mind and elevate your spirit
- \*Purify and strengthen your body's major systems:  
(Improve liver and kidney function, purify blood, strengthen the nervous, lymphatic, respiratory and circulatory systems)
- \*Increase your self-confidence
- \*Increase your potential for optimum health