

Dear Student,

You are registered for course # 3507-459, "7-Day Cleanse: Tonify, Detoxify & Balance Your Body, Mind & Spirit. This course combines both the 5-day and 2-day "Illuminate Your Life" courses with Gurmukh Kaur Khalsa and Gurushabd Singh Khalsa **PLUS** a special cleansing regimen. The dates of the course are August 7-14, 2009.

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

Schedule:	Friday	8:00PM-10:00PM	Workshop	2
	Saturday	<b>4:00AM</b>	<b>Yoga session</b>	
		9:00AM-12:00PM	Workshop	3
		2:30PM-5:00PM	Workshop	2.5
	Sunday	<b>4:00AM</b>	<b>Yoga session</b>	
		9:00AM-12:00PM	Workshop	3
	Monday	<b>4:00AM</b>	<b>Yoga session</b>	
		9:00AM-12:00PM	Workshop	3
		2:30PM-5:00PM	Workshop	2.5
	Tuesday	<b>4:00AM</b>	<b>Yoga session</b>	
		9:00AM-12:00PM	Workshop	3
		2:30PM-5:00PM	Workshop	2.5
	Wednesday	<b>4:00AM</b>	<b>Yoga session</b>	
		9:00AM-12:00PM	Workshop	3
	Thursday	<b>4:00AM</b>	<b>Yoga session</b>	
		9:00AM-12:00PM	Workshop	3
		2:30PM-5:00PM	Workshop	2.5
	Friday	<b>4:00AM</b>	<b>Yoga session</b>	
		9:00AM-12:00PM	Workshop	3
			Total	33

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 alcohol
- NO aspirin/tylenol or any over-the-counter medication.
- NO deodorants with aluminum chlorohydrate or alcohol.

Please bring with you:

- A skin brush or loofah and pure almond oil
- A reusable water bottle (to hold one of the cleanse drinks)
- A Tupperware container to take the final day's lunch with you.

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

Satpuran at Golden Bridge Yoga has further information on these and other details. Please contact Satpuran at [satpuran@goldenbridgeyoga.com](mailto:satpuran@goldenbridgeyoga.com) to discuss any concerns you might have.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

## 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

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 Ayurvedic Herbs formulated by Karta Purkh Singh.

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.

Phase 3: Days 6 and 7: Transition and reintroduction:

In the last phase of The Yogi's Cleanse you continue to tonify your system and begin transitioning yourself into your new regular program.

#### Daily:

Each day, you will practice Kundalini Yoga sets designed to facilitate your cleansing process, detoxify the liver and to strengthen and tonify your basic system. As well you will be taking the Superior Chinese Herbs, tonics and teas that are provided in the program.

These seven days will change you. Discover your own restorative and vital energies and give yourself a new and recharged life.

#### Medical Disclaimer:

If you are under a physician's care for any particular treatment or are taking any prescription, we recommend consulting your physician before starting the Yogi's Cleanse. If you are under a physician's care for digestive disorders, we recommend waiting to start the Yogi's Cleanse until your treatment program is complete.

## Product and Dosage Information: The Golden Bridge Yogi's Cleanse

### Superior Ayurvedic Herbs

#### Formula #1 (color:beige) labeled seperately

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. Ultimately, it is designed for long term use to aid in the attainment of radiant health.

**Dosage: 4 capsules/ 2x daily**

Contents:

#### Equal Parts:

ashwaganda  
Shatavari  
Amla  
Gotu Kola

#### Formula #2 (color:cocoa)

This formula has a strong and safe regulating action on the central nervous system. Its double directional, regulating influence can reduce fatigue, improve digestion, strengthen the mind, and regulate cholesterol, blood sugar and weight. As well, it is a calming formula.

**Dosage: 4 capsules/ 3x daily**

Contents:

3 parts Arjuna  
2 parts Bhumi Amalaki  
1 part Pipali

#### Formula #3 (color:beige)

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.

**Dosage: 4 capsules/ 3x daily**

Contents:

#### Equal Parts:

Dandelion Root  
Guduchi  
Triphala Blend

#### Formula #4 Cleansing Laxative (color:green)

**Dosage: 1 capsule/3x daily**

Contents:

2 parts Marshmallow Root  
1 part Aloe Powder  
1 part Senna Leaf

#### NOW Probiotic Defense

Now Probiotic Defense is a combination of "friendly" probiotic bacteria, including ones commonly found in soil organisms, blended into a fermented whole food base. Now Probiotic Defense contains 13 active bacterial strains

and has been designed to support gastrointestinal health and immune system function. FOS is also included in this product to assist healthy growth of Acidophilus and Bifidus organisms.

**Dosage:** 3/2x daily

**Herbal Cleansing Bath: for use at home to continue the cleansing process**

A special blend of herbs and essential oils to cleanse the body and purify the skin. It cleanses and opens the pores, promotes circulation and softens the skin. Please allow an hour for the bath process.

**Dosage and Preparation:** Steep tea in 1 pint of boiling water, strain loose leaves from concentrate, then add to a hot bath. There is enough for 8 baths. To increase detoxification, drink ginger tea while in bath. Immediately after exiting wrap self in sheet for one hour. Allow yourself to deeply relax, sweat, and release

Contents:

Dandelion Root

Nettle Leaf

Calendula Flower

Lavender essential oil

Grapefruit essential oil

**Yogi Tea:**

**Ginger Tea**

A warming energizer, Ginger is traditionally known to support the digestion and immune system. According to Ayurveda, Ginger activates the body's fire element to purify the Ama, the toxins in the body.

**Dosage:** Steep one tea bag in a boiling cup of water for 4 to 6 minutes. Drink one cup per day.

Contents: Active Ingredients: Organic Ginger, Lemon Grass, Licorice, Peppermint and Black Pepper.

**Yogi Tea:**

**Classic India Spice Tea**

This is the original "Yogi Tea" formula. It is an ancient Yogic recipe for all systems of the body and particularly the liver.

It works to build your core vitality (prana). The formula works respiratory, circulatory, nervous, skeletal, glandular, lymphatic, digestive and eliminative systems.

**Dosage:** Steep one tea bag in a cup of boiling water for 4 to 6 minutes. Make the tea before you go to bed and then place in the refrigerator overnight. Drink first thing in the morning every day after brushing your teeth.

Contents: Active Ingredients: Cinnamon bark, Cardamom Seed, Ginger Root, Clove Bud, Black Pepper,

**Yogi Tea:**

**DeTox Tea**

This tea is a gentle detoxifier and primarily works to strengthen the liver function. As well, the tea also contains the 5 basic Yogi Tea spices and other spices so it has a great underlying effect of building the nervous system and helps to keep you relaxed during your detoxification process.

**Dosage:** Steep one tea bag in a cup of boiling water for 4 to 6 minutes. Make a cup and drink the tea every afternoon of the Yogi Cleanse.

Contents: Cinnamon bark, Sarsaparilla root, Licorice root, Juniper Berry, Black Pepper, Chinese Amur Cork Tree Bark, Japanese Honeysuckle Flower, Forsythia Fruit, Gardenia Flower, Skullcap Root, Black Cohosh, Chinese Goldenthrad Root, Rhubarb Root, Wax Gourd, Asian Psyllium Seed, Cardamom Seed, Clove Bud.

**CONFIDENTIAL MEDICAL RELEASE FORM**  
**PLEASE EMAIL TO: [SATPURAN@GOLDENBRIDGEYOGA.COM](mailto:SATPURAN@GOLDENBRIDGEYOGA.COM)**

**OR**

**FAX: ATT: SAT PURAN 323-210-7285**  
**PLEASE SEND BACK NO LATER THAN August 4, 2009**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

**MEDICAL HISTORY**

**YES NO**

1. Do you currently have any physical injuries, complaints, or chronic illness at this time?  
If yes, **what & for how long?** \_\_\_\_\_
2. Have you had injuries in the past (i.e., back, knee, shoulder, elbow, etc.)?  
If yes, **what & when?** \_\_\_\_\_
3. Are you currently under the care of a physician or practitioner of any sort?  
If yes, **what for & how long?:** \_\_\_\_\_
4. Are you taking medicines of any type?  
If yes, **what & what for?** \_\_\_\_\_

CLEANSSES ARE POWERFUL TOOLS TO PROMOTE PHYSICAL, EMOTIONAL AND SPIRITUAL HEALING AND CAN IN SOME CASES PRECIPITATE A CHALLENGING REACTION IN ANY OF THESE AREAS. AS THE LIVER DETOXES THERE MAY BE SOME CHANGES IN MEDICATION LEVELS SO BE SURE TO CONSULT YOUR PHYSCIAN BEFORE STARTING THE CLEANSE. DO NOT GO OFF OF YOUR

MEDICATIONS FOR THE CLEANSE. IF YOU ARE CONCERNED ABOUT YOUR MEDICATION, CONSULT YOUR PHYSCIAN.

5. Are you on a special diet? If yes, what kind: \_\_\_\_\_
6. Do you have or have you ever had:
- a. Diabetes? If yes, are you taking insulin? \_\_\_\_\_  
How much? \_\_\_\_\_ How often? \_\_\_\_\_
- b. Seizures?
- c. Asthma? (If yes, **please carry your medication/inhalers with you.**)
- d. Allergies? To what: \_\_\_\_\_
- e. Are you allergic to bee stings?  
Type of reaction: \_\_\_\_\_  
**\*If yes, (please carry your medication with you on the course)**
7. Are you a smoker?
8. Are you pregnant? **(If the answer is yes, please refrain from doing the  
cleanse.)**
9. Are you currently nursing? **(If so, please refrain from taking any of the herbs  
on this  
cleanse. You can just follow the cleanse diet.)**

10. Emergency Contact Name (please print): \_\_\_\_\_  
Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name of Physician: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name of Insurance \_\_\_\_\_ Group & ID Number \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date