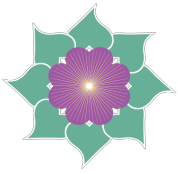




HEART *of the* **MATTER**
YOGA

Spring Seasonal Cleanse

at 
be yoga



Ayurveda: Refine your Rhythms

(a.k.a your daily *dinacharya*!)

- Go to bed early and wake early.
- Use the bathroom, scrape your tongue, and brush your teeth.
- Drink 2 cups (16 oz) of warm-hot water, with lemon & cayenne if you prefer.
- Put sesame or coconut oil in your nose (and ears, too, if you'd like!)
- Use the neti pot, if necessary, and practice oil pulling*.
- Get your breath moving... Walk, jog, or practice pranayama and asana.
- Meditate for 5-30 minutes.
- Drink a giant green smoothie! Eat warm apples, chia pudding, soaked buckwheat groats or oatmeal, if still hungry.
- Eat a hearty lunch.
- Refrain from snacking. Instead, sip warm water throughout the day.
- Eat a small, easy-to-digest, early dinner. Relax after eating.
- Drink more warm water or mint tea.
- Maybe go for a walk. Laugh. Listen to music. Connect. Enjoy.
- Bathe and practice abhyanga** (morning or night).
- Go to bed early...

*Add Oil Pulling to your morning routine, 2-3+ times/week, ideally after drinking warm water and before eating breakfast:

- Put a tablespoon of coconut or sesame oil in your mouth
- Swish for 15-20 minutes
- Spit out in the garbage or outside (not in the sink - the oil isn't good for your drain!)

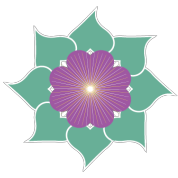
For more info: <http://www.coconutresearchcenter.org/article%20oil%20pulling.htm>

**Add Abhyanga: Ayurvedic Oil Massage before, during, or after bathing.

- Gently warm pure, unrefined sesame oil (or coconut oil, for Pittas).
- Beginning with your hands and feet and working towards your center, massage the oil into your entire body. Use long strokes on your limbs and circular strokes on your joints. Massage your chest and abdomen with broad, clockwise strokes. On your abdomen, follow the path of your large intestine: moving up the right side, across, and then down on left side. Massage your body for 5+ minutes, as an offering and practice of self-love and gratitude.
- Especially for Vatas: spend a little extra time massaging the oil into your scalp, ears and feet, at least once a week.

The body of one who uses oil massage regularly does not become affected much even if subjected to accidental injuries, or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age. -Charaka Samhita Vol. 1, V: 88-89

As you continue to practice your daily *dinacharya*, remember to also practice patience... and celebrate even the small shifts!



Spring Seasonal Cleanse

a plant-based whole foods detox with Allison Modafferi Brewster

The goal of this cleanse is to reset our eating patterns, while bringing awareness to the effect of our habits on our health and happiness. It's not a fast, but rather an *intentional and powerful shift in our eating patterns* that allows the body to restore, recharge, and come back into better balance.

In order to best serve our health and wellness (and to best support our yoga asana, meditation and pranayama practices!) we will eat a plant-based whole foods diet, with a focus on local, seasonal, and organic foods.

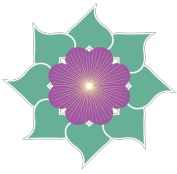
We'll cut out (or cut back on) inflammatory foods, including:

Processed Foods	read labels: whole foods ingredients; no additives, preservatives, or gmo foods (restrict corn and soy intake)	possible exceptions: organic tofu, organic edamame, organic fermented soy (tempeh), organic corn, organic popcorn
Refined sugar	no refined sugar; instead, snack on fresh or dried fruits	possible sweet exception: local honey
Alcohol	no alcohol	nope, no alcohol
Caffeine	no coffee or black teas	possible exceptions: green, white or oolong teas
Animal Products	Vegan - no animal products Vegetarian - may include organic eggs Pescatarian - may include wild salmon	possible exceptions: ghee, local honey, organic plain yogurt (though restricting dairy is recommended)
Gluten	read labels: no wheat, barley, or rye; look out for hidden gluten (ex: soy sauce, salad dressing)	possible exceptions: whole ancient grains, organic sprouted grains

Design Your Detox

Commit to a diet you can stick to. I want you to be successful, and have fun with this challenge! Eating this way - even for only 3 weeks - can affect great change in our lives... in our energy levels, moods, sleep quality, clarity, confidence, communication, digestion, taste buds, skin tone, joint comfort, sinus comfort, breathing, yoga practice, meditation ease, and *overall health and happiness*.

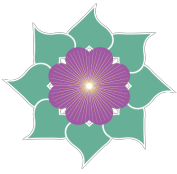
What will you cut out, 100%?	What will you cut back on?	Choose your exceptions:



Cleanse Options: An Anti-Candida Diet

For more info, visit: <http://www.thecandidadiet.com>

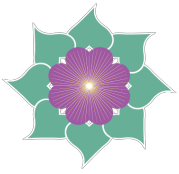
Foods to Avoid	Foods to Eat!
Shellfish/fish, except for oily, omega-3 rich fishes	Wild Salmon, sardines, herring, anchovies
Meats, especially pork	Limited amounts of fresh, organic turkey, chicken, lamb, beef
Dairy, except for ghee, kefir, and organic plain yogurt	Probiotic & fermented foods (organic plain yogurt, kefir, kombucha, sauerkraut, kimchi)
Grains (all gluten - wheat, barley, rye, spelt, kamut, couscous - as well as oats, rice, and corn)	Gluten-free Grains (unprocessed raw oats, oat bran, buckwheat, millet, quinoa, amaranth)
Starchy Vegetables (potatoes, carrots, sweet potatoes, yams, beets, peas, parsnips)	Cruciferous Vegetables (broccoli, brussel sprouts, arugula, cabbage, radishes) and Non-starchy Vegetables (artichokes, asparagus, avocado, celery, cucumber, eggplant, garlic, kale, olives, onions, rutabaga, spinach, tomatoes, zucchini)
Beans, except organic soy products	Organic, non-gmo soy products
Nuts (cashews, peanuts, pistachios)	Nuts (almonds, hazelnuts, pecans, walnuts, coconut meat) Seeds (flax, sunflower)
Mushrooms	Medicinal mushrooms (reishi, maitake)
Fruits	Lemon Juice
Vinegars, except unfiltered apple cider vinegar	Unfiltered Apple Cider Vinegar
Oils (peanut, corn, canola, soy)	Oils (coconut, olive, flax, avocado, primrose, sesame)
Condiments & Sauces (ketchup, tomato paste/sauce, mayonnaise, yellow mustard, relish, horseradish, soy sauce)	Spices, especially garlic, ginger, cloves, and cinnamon. Also: basil, black pepper, dill, oregano, paprika, rosemary, thyme, turmeric, etc.
Caffeine (Coffee, Decaf Coffee, Teas)	Herbal Teas (cinnamon, peppermint, ginger, licorice), Chicory root coffee (ex: Dandy Blend)
Alcohol	Warm water :-)
Sugars	Limited amounts of Stevia



Cleanse Options: An Allergy-Elimination Diet

For more info, visit: <http://www.doctoroz.com/videos/elimination-diet-printable-one-sheet>

Foods to Avoid	Foods to Eat!
Shellfish/fish	Wild Alaskan salmon, Alaskan black cod, sardines
Fatty Meats, Processed Meats, Soy Meat substitutes	Limited amounts of fresh, organic turkey, chicken, lamb, wild game
Dairy	Probiotic & fermented foods (nondairy milks, coconut kefir, kombucha, sauerkraut, kimchi)
Grains (all gluten - wheat, barley, rye, spelt, kamut, couscous - as well as oats, corn, and malt)	Gluten-free Grains (unprocessed raw oats, oat bran, buckwheat, millet, quinoa, amaranth, rice)
Nuts & Seeds (all, if suspected allergy) especially peanuts, pistachios, macadamia nuts, hazelnuts, pecans, almonds, cashews, walnuts, sesame seeds, sunflower seeds, poppy seeds	Seeds (hemp, chia, flax, pumpkin)
Legumes (all soy, peanuts, beans, peas, lentils)	possible exceptions: split peas, lentils, beans, peas
Eggs	
Nightshade Vegetables (eggplant, tomato, eggplant, okra, bell peppers, chili peppers, potatoes except sweet potatoes and yams)	Vegetables (kale, broccoli, cabbage, leeks, collard greens, brussel sprouts, bok choy, spinach, arugula, asparagus, celery, sweet potato, yam)
Citrus fruits (orange, grapefruit, lemon, lime, etc.) and strawberries, grapes, bananas	Non-citrus fruits (blueberries, raspberries, blackberries, melons, apples, kiwis, cherries)
Hydrogenated Oils, Margarine, etc.	Oils (olive, coconut, flaxseed)
Condiments & Sauces (ketchup, tomato paste/sauce, mayonnaise, yellow mustard, relish, chutney, soy sauce, barbecue sauce, vinegar)	Spices (sea salt, black pepper, garlic, cumin, dill, ginger, oregano, parsley, rosemary, thyme, turmeric, etc.)
Caffeine (Coffee, Decaf Coffee, Teas)	Herbal Teas (cinnamon, peppermint, ginger, licorice), Chicory root coffee (ex: Dandy Blend)
Alcohol	Warm water :-)
Sugars/artificial sweeteners, Chocolate	Limited amounts of Stevia, non-citrus fruits, local honey



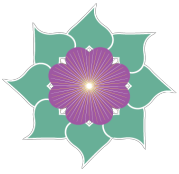
Cleanse, Cultivate, Create

Taking better care of your physical self opens up space to deal with your mental and emotional wellbeing, too.

What else will you cleanse, this month?

Consider your mental habits and emotional defaults, your physical surroundings and your interpersonal relationships... What's out of balance? How do you envision your life in better balance, and what do you need to cultivate to create this better balanced state?

Cleanse	Cultivate	Create
example: mirroring hurtful behavior to make a point	example: courage to have honest, meaningful conversations	example: more intimacy, trust, healthy communication

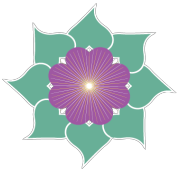


OTO Conversion Chart

Obstacles are bound to come your way... but with some advance preparation and a plan in mind, you won't get tripped up by a trigger! Some call this "planning how to fail". I call it ***obstacle-to-opportunity conversion***.

Obstacle	Prepare & Plan	Opportunity
example: work party with alcohol and finger foods	example: eat in advance of the party, bring own drinks and foods if possible, let close co-worker(s) in on your plan	example: enact the buddy system, immerse yourself in conversation, answer diet questions succinctly and confidently

You Down with Opp(ortunity)?



Spring Cleaning... and a Dose of Daily Love!

Check-in with yourself, at the beginning and end of your day:
How are you feeling? Where are you starting today? What are you noticing?

My Daily Dose	AM	PM
My Cleanse		
My Daily Rhythms		
My Practices		
My Creations		

What do you want to focus on today? Which small shift(s) will make the biggest difference?

Spring Cleaning	Choices	Celebrations