

All Organic 5 Day Juice Fast

Spring Detox for Optimum Health

Give your body a nourishing cleanse for ...

- ♥ *seasonal overall health maintenance*
- ♥ *extra support in healing from illness*
- ♥ *more energy, stamina and mental clarity*
- ♥ *healthy eating for a diet or weight loss program*
- ♥ *purification of internal organs and digestive system*

The Spring Detox Program includes juices for all five days, two fitness classes, two half-hour infrared sauna sessions, and two half-hour consultations with nutrition expert Eden Love.



Discounts for colonics during Spring Detox week with our partners Glastonbury Naturopathic Center & West Hartford Colonics - Ask for details!
Need advice before fasting? Consult our recommended naturopath, Dr. Helene Pulnik, of Glastonbury Naturopathic Center at 860.657.4105

Empowering Rejuvenating Energizing Inspiring Clarifying

The Growing Green Wellness Center & Alchemy Café in Hartford ♥ March 1 - 5, 2010

Attendance is limited to 10 participants, so register early to secure your spot.

Contact Imani@thegreenvibration.com or call 860.983.5276

Using a community style approach, the Spring Detox Program puts you in touch with knowledgeable mentors who can offer individualized guidance and support for your personal cleansing journey. The program also connects you with like-minded others on the same healing path through daily yoga practice, support groups, detox classes and shared meals.

Detox Yoga Magic

6:30 pm, Sunday February 28

Start the week with a yoga class of postures that cleanse the internal organs & invigorating “hot” practice that works the large muscle groups.

Spring Detox Program Overview

8 pm, Sunday February 28

Imani explains the purpose of Spring Detox Week and its ability to lay the foundation for a future of healthy eating and natural lifestyle practices. You will receive an intro packet with information and cleansing guidelines.



Want to register or ask questions?

Contact Imani@thegreenvibration.com or call 860.983.5276. And please visit our website, www.GrowingGreenEvents.com.

Eden Love has worked as a vegetarian and raw food chef creating new recipes, developing menus and creating detox programs for her clients. She is now a living foods consultant.

Dr. Helene Pulnik is a licensed naturopathic physician and acupuncturist with more than 25 years of experience. Her natural wellness spa offers wholistic detoxification programs.

Imani & John Zito are the owners of Alchemy Café, an all organic sustainable business. They lead monthly raw food prep classes and regular detoxifying programs for health & wellness.

♥ Spring Detox Week ~ Schedule & Pricing ♥

Monday, March 1

8am ~ Yoga & Meditation (wheatgrass shot & pick up juices for the day)

Tuesday, March 2

8am ~ Yoga & Meditation (wheatgrass shot & pick up juices for the day)
7pm ~ Internal Awareness with John & Imani, a discussion and descriptive overview of hydrotherapy treatments that remove toxins from the body.

Wednesday, March 3

8am ~ Yoga & Meditation (wheatgrass shot & pick up juices for the day)
4-8pm ~ Personalized consultations with Eden Love

Thursday, March 4

8am ~ Yoga & Meditation (wheatgrass shot & pick up juices for the day)
7pm ~ Juicing & Smoothies at Home with Eden Love, a hands-on class to learn how to plan and integrate detox practices into your daily life.

Friday, March 5

8am ~ Yoga & Meditation (wheatgrass shot & pick up juices for the day)
4:30-6:30pm ~ Two half-hour spa treatments & half-hour infrared sauna
6:30pm ~ Celebratory Raw Meal & guidance on integrating raw foods

\$350 ~ Juice Feast ~ Includes 4 (16oz) veggie juices per day

\$400 ~ Hippocrates ~ Includes 3 (16 oz) green juice & 4oz wheatgrass per day