



# THE YOGA CLEANSE

Geo Yoga +

**Hariatma Herbal Therapy**

*with Cindi Lee, RYT-200 and Keya Merah*

In this powerful workshop we will combine six days of specialized Geo Yoga™ (a sequence of cleansing yoga poses) with nine days of Herbal Oxygen Tonic™ and Colon Therapy Capsules™ (a formula designed by Hariatma Int'l). These two systems will cleanse and purify the internal organs on a cellular level, restoring energy for greater overall health and well-being.

**Some benefits of THE YOGA CLEANSE workshop are:**

- **Reduced appetite and belly bulge**
- **Release of toxins**
- **Minimized joint pain**
- **Enhanced mental clarity and emotional balance.**

**\*\*Perfect for students of all levels including beginners and first-time cleansers.\*\***

**2 Weekends: September 19, 20, 21 and 26, 27, 28**

**Fridays 8:30 - 10pm, Saturdays 2 - 4pm, Sundays 2 - 4pm**

***FREE info session on Saturday, September 6th 2-4pm will include discussion about the benefits of THE YOGA CLEANSE. Product samples and other goodies will be provided!***

**Space is limited. Workshop Fee: \$ 225.00 per person. (\$199.00 per person if registered by 9.13)**

*The Yoga Cleanse corresponds with the Fall Equinox, the beginning of Fall!*



**C**indi Lee received her yoga Teachers' Certification from Blackdog Yoga in Sherman Oaks, CA, where she learned to teach an Eclectic mix of Hatha Yoga styles. Cindi has been practicing different styles of yoga for over a decade (Bikram Yoga, Hatha Blend, Vinyasa Flow, Iyengar, and Shadow Yoga). She exudes a passion for teaching. Cindi teaches classes at an assortment of venues including yoga studios, corporate offices, an Aikido studio, and health clubs. [www.doyoudoyoga.com](http://www.doyoudoyoga.com)



**K**eya Merah is a joyful and encouraging teacher whose daily yoga practice includes Kundalini and Hatha yoga. She is certified in both styles and began her yoga journey eight years ago at the Center for Yoga in Larchmont; she has since practiced with many of L.A.'s senior Ashtanga, Kundalini, Iyengar, Anusara, and Vinyasa Flow teachers. Keya's extensive research and success in overcoming multiple health challenges using her specially formulated herbal tonics led her to found Hariatma Int'l seven years ago. [www.hariatma.com](http://www.hariatma.com)

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