

Ayurvedic Holistic Detoxing

One day workshop with Dr Shaun Matthews



How to do a safe and holistic 3-day detox plan for your body type

Sunday 11 September 2011

The Intuitive Well

Bondi Junction

9.30 am—4.30 pm

\$180 | \$150 *

*Ayurveda sangha members

Your safe and holistic 3 day detox plan

Is fasting appropriate for me? What foods are good for my constitution? How can I re-boot my system in a kind and gentle way? And what else can I do to feel clean, clear-headed and more whole?

Appropriateness

Not all approaches to detoxification are the same and what might be cleansing for one person may be depleting for another. Appropriateness is an important aspect of Ayurveda, the ancient healing system of India and sister science to Hatha Yoga. The Ayurvedic approach takes particular care to match your detox with your needs. The process starts with an understanding of your individual Ayurvedic body type and your overall health. It also considers the state of your mind, emotions and the spiritual dimension of your life. Each of these levels has an influence on your whole being so a holistic detox is a complete program.

Intention

Another aspect that's important in Ayurveda is intention. Being clear about your motivation to detoxify sets the tone and structure for your program. You may want to detox to feel cleaner on the inside, more vibrant, to get rid of toxic residues from medication, to shift unwanted weight or simply to give your digestive system a bit of a wake-up. Whatever your reasons—there's an appropriate approach to match them. Your individual detox begins with a dietary plan but includes a lot more - herbs,

daily routines, yoga postures, breathing, a healing intention (sankalpa), meditation, good company (satsang), spiritual practices (sadhana) and a connection with nature. All these aspects together will have a greater impact on improving your overall vitality and energy.

What you'll learn

In the 3 day detox plan, you'll gain an understanding about what's an appropriate approach for you and you'll have the tools to plan out a three day or longer detox program. You'll also learn about Panchakarma and other detoxing practices that can enhance your process. No prior knowledge of Ayurveda is necessary for this workshop.

What's included in the day

A workbook of lecture notes, recipes, daily routines, yoga, breathing, meditation and other cleansing practices. The day includes a nourishing vegetarian lunch, morning and afternoon tea and an exploration of herbs, teas and oils. Participants also receive a special offer to indulge in a detox treatment at two of Sydney's authentic Ayurvedic centres — The Ayurveda Wellness Clinic in Bondi Junction and Anahata Therapies in Mosman.



Workshop program

9.30	Welcome and opening meditation
10.00	Ayurvedic Holistic Detoxing: an overview Dr Shaun Matthews, Ayurvedic Healing
11.00	Morning tea: Detoxifying tea tastings and the benefits of herbs
11.15	Ayurvedic treatments to promote your detox: the benefits of warm medicated oil massages and steam treatments. Jana Ca- rozzi, Anahata Therapies
12.00	Yoga postures and breathing practices for detoxifying. Deanne Tyrrell, Three Realms Yoga
12.45	Vegetarian lunch: a mixed vegetable kichadi dish and salad designed to promote gentle detoxifying and a talk about the ingre- dients, herbs, spices, processes and the six tastes of lunch. Adrian Ward, Pulse Ayurve- da
2.00	Your 3 day detox plan: putting it all togeth- er with meal recipes, Ayurvedic kitchen herbs, how to use Triphala, the role of fast- ing (langhana) and other detoxing practices including tongue scraping, neti-pot and self- oil massage. Dr Shaun Matthews
3.30	Afternoon tea Chai and halva
3.50	Additional steps: Panchakarma and the five deep cleansing therapies in Ayurveda and how they encourage further detoxing. Dr Shaun Matthews, Ayurvedic Healing.
4.30	Close

How to book

Workshop fee: \$180 | \$150 (Ayurveda sangha members)

*Full payment prior to the event is required to secure your place

by phone 0439 621 417 for credit card payments.

by post make cheque, money order or credit card details paya-
ble to 'Three Realms Yoga'. Post to: Three Realms Yoga, 2
Rockley St, Bondi NSW 2026

by EFT Account Name: Three Realms Yoga
BSB: 062 220 Account No: 1016 5718

Email your receipt details to info@threerealmsyoga.com.au
including your course, name and a contact number.

online at www.threerealmsyoga.com.au and go to 'ayurveda'

* **Inclusions:** workshop lecture notes, practices, recipes, an ex-
ploration of herbs, teas and oils; instruction in yoga, breathing,
meditation and yoga nidra; a nourishing vegetarian lunch, morn-
ing and afternoon tea.

About the presenters

Dr Shaun Matthews

Dr Shaun Matthews is a medical practitioner who has also trained in Ayurveda and Yoga in India. Shaun is the founder and co-ordinator of the Ayurvedic Medicine Department at Nature Care College in Sydney and was on the organising committee for the Second International Ayurveda and Yoga conference held in Sydney in April 2009. His book *Journeys in Healing* was published in 2003 by Finch Publishing to critical acclaim. Shaun is in private practice at Bondi Road Doctors in Bondi Junction. www.ayurvedichealing.com.au

Deanne Tyrrell

Deanne Tyrrell is the Director of Three Realms Yoga, a hatha yoga studio dedicated to connecting and calming people through postures, relaxation and meditation. A long term meditator and lover of yoga nidra, her approach is steady, contemplative and mindful. www.threerealmsyoga.com.au

Adrian Ward

Adrian Ward is a creative Ayurvedic chef and yoga teacher. Cooking has been a lifetime journey of discovery for Adrian and as an Ayurveda consultant he specialises in diet and cooking. He runs Ayurvedic cooking classes in Sydney's Eastern Suburbs. www.ayurvediccookingwithadrianward.eventbrite.com

Jana Corrozzi

Jana Corrozzi runs Anahata Therapies in Mosman, an Ayurvedic therapies centre offering rejuvenating experiences. Trained in ayurveda, nutrition, remedial massage, lymphatic drainage and aromatherapy, Jana's clinic is based on the centre she trained with in Pune, India. www.anahatatherapies.com.au

Venue and parking

The Intuitive Well
70 Bronte Road
Bondi Junction (opp. Bob Jane T Marts)



Free street parking is available on Sundays in parts of Ebley St, Hollywood Ave, Allens Parade and Llandaff St. Paid parking is also available in Westfield and Eastgate shopping centres.