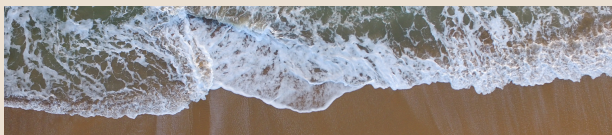


3 DAYS KITCHARI CLEANSE



RETREAT – RESET – REFLECT



Kitchari is a delicious Ayurvedic meal made with rice, legumes (mung dal/lentils), veggies, and mild spices.

It is easily digestible and pure. By eating it for 3 days, your system can get a break, feeling nourished, warmed, and grounded.

What are the benefits?

- > Gentle and delicious way to cleanse and make space for self-healing
- > Release physical and emotional toxins
- > Recover from illness/weakness. Reset and reenergize! Feel light and alive!
- > Boost your immune system and your digestive fire (agni) after winter
- > Balance your blood sugar levels
- > Establish a healthy eating rhythm and dietary routine
- > Investigate your relationship with food or specific kinds of food
- > Create inner awareness

A beautiful gift to yourself that requires just a bit of commitment.

PRACTICAL STUFF

DATES March 24-26

Prepare 2 days in advance:

no alcohol, easy digestive food, no dairy products, get ingredients for breakfast and snacks, create space

€ 59,-/person -> 3 days

*Including 6 delicious, organic & seasonal meals (2 per day)
I will use different recipes (suitable for all body types) and various types of dal, rice, and veggies.*

The container for transport will be a stainless steel tiffin which will require a € 25,- deposit.

Bringing your own suitable container is absolutely welcome.

Pick up (every day fresh)

Between 16-20 o'clock (dinner & lunch for the next day)

Hernnepestraat 10, Utrecht

Water kefir is brewing for extra gut boost.



SUPPORT

*I will send more detailed information once you signed up.
In the meantime find more information and guidelines on my website.
I will join you on the journey and will be available for questions and support.
During the Cleanse you are able to work and do everything that you enjoy.
Hit me up for any questions!*

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