

# 3-5 days kitchari cleanse

WITH CHRISTIANE



## retreat - reset - renew

I will cook for you, Kitchari! It is a simple and 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, cleanse while feeling nourished, warmed, and grounded.



### What are the benefits?

- > Eat 2 delicious and warming meals a day (make your own breakfasts)
- > Gently cleanse your digestive system
- > Observe your hunger/Create inner awareness
- > Slow down
- > 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)
- > Balance your blood sugar levels
- > Establish a healthy eating rhythm and dietary routine
- > Investigate your relationship with food or specific kinds of food

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

## PRACTICAL STUFF

€ 65,-/person → 3 days  
→ start saturday, monday

€ 95,-/person → 5 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, detox tea, digestive shots. 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 (once a day fresh, two meals for the day)

Between 12-14 o'clock or 18-20 o'clock

Hennepstraat 10; Utrecht

We can discuss delivery options

Water kefir is brewing for an extra gut boost.

Fill in the short intake form and let's goooo!



## SUPPORT

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.

However, it's recommended to keep your schedule as clear as possible.

More information and guidelines you'll find on my website.

Hit me up for any questions!



TEL.: 06/41567811

#GOLDENLIFEKITCHEN

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