

TREASURE HUNT! For A Better Body

Start here:



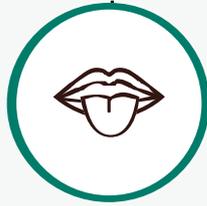
Go to bed earlier.
Get up earlier.



Drink warm water
until your poop.



yogahealer.com



Scrap your tongue
Did you digest
yesterday's food.



Join Cate's
group
seasonal
detox.

Cultivate the best body
habits with massive
momentum.



Breath open your
subtle body
Other outdated habits might
creep in later in the day.



Drink your Nutrients
blend or cook mostly
vegetables + eat fresh
for your constitution
Green = Clean.



Do 10 sun salutes
or whatever it takes to
get your breath + body
awake + live.

5 STEPS TO YOGI DETOX

Step 1

Redirect to Simplicity

Detox is about less being more. We talk out distraction, busyness, complexity. We simplify liquify our diet, and liquidate outdated habits like staying up late and being over-scheduled. Simplify each detox day to that which nourishes, engenders rest, and better organization. The result? A surplus of energy that redirects to cleaning house in your body/mind.

Step 2

Dial Town to Zero

Cloud Watching. Walking in the Nature. Time. Space. More Time. More Space. Meditate. Yoke body with breath. Yoke body with spirit. Yoke mind with higher mind. Deep rest. Quiet time. Put a vicious watchdog on your calender and protect the process of going within to let go.

Step 3

Purge

Once you are in detox zone, your body/mind will purge. You'll probably start purging your kitchen, your closet, your garage, your emotional baggage... Let it happen. Let your enlightened self choose that which is fit for your future.

Step 4

Talk to your Agni

You have a fire in your belly. Let it lead the process of incinerating that which is withing you that need to be. Make friends with your belly fire. Let her burn. Physical toxins. Emotional toxins. Thought toxins.

Step 5

Envolve your Integrity

Every ending is a new beginning. What better habits will cultivate your next reality? In your kitchen? In your bathroom? In your bedtime routine? Choose wisely, because after detox you are wiser. You have perspective. Build support +relationships to ground and grow your new normal