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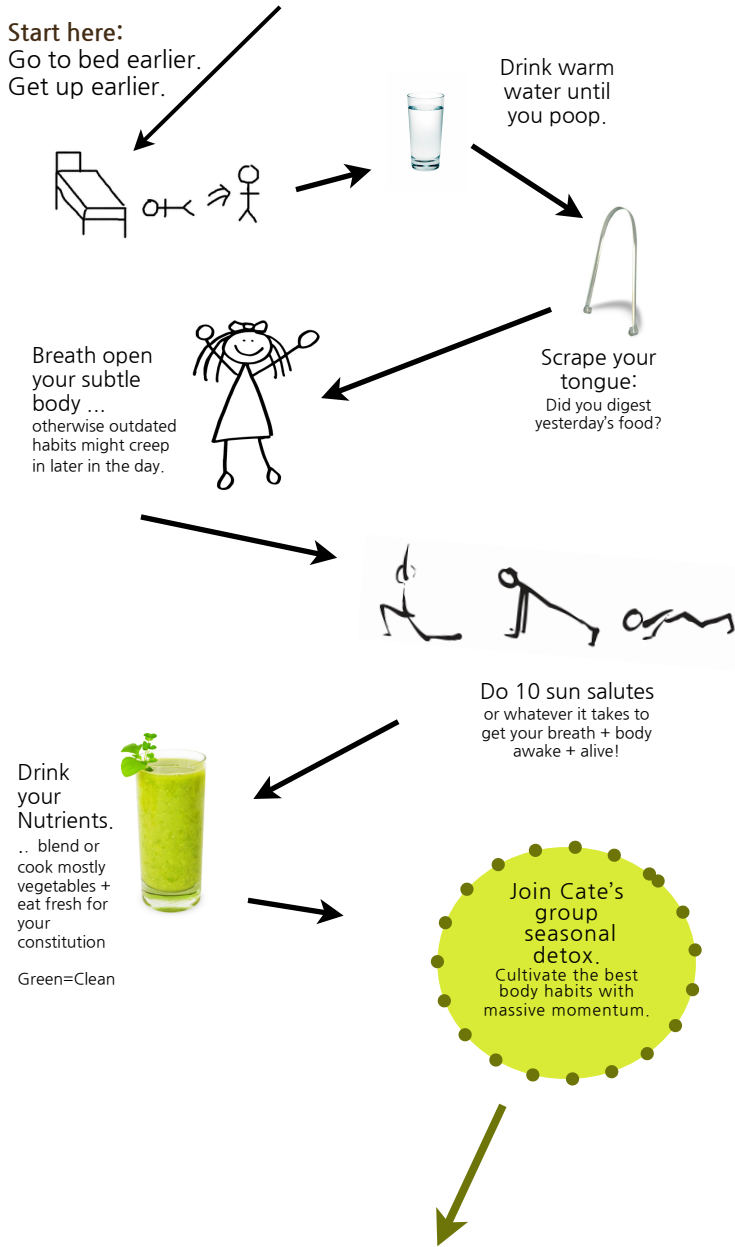
quick guide

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TREASURE HUNT!

FOR YOUR BETTER BODY



5 steps to yogidetox

Step 1: Redirect to Simplicity

- Detox is about less being more. We take 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 We simplify liquify our diet, and liquidate outdated habits like staying up late and being over-scheduled.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 down to Zero

- Cloud watching. Walking in 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 calendar and protect the process of going within to let go.

Step 3: Purge

- Once you're in the 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 named Agni. Let agni lead the process of incinerating that which is within you that need not be. Make friends with your belly fire. Let 'er burn. Physical toxins. Emotional toxins. Thought toxins.

Step 5: Evolve 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.

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