

Intention



Start with a clear intention of what you want to achieve and why you are cleansing..

One of the keys to having a successful cleansing experience is to begin with a clear intention in mind.

In order to create clarity around your intentions I suggest you take the time to actually sit down and write them out. Begin by taking some time in stillness to visualize your desired outcome, and to cultivate a sense of how you want to feel at the end of your cleanse. I have found that

starting in this way makes the experience of undertaking a cleanse more of an expression of my desire to evolve than an exercise in self judgement and deprivation. I have also found that starting from this place makes it easier to identify which habits may be in the way of my desired outcome and from there it is easier to design the components of my cleansing routine. Once you have

determined your intentions write out your daily/weekly plan for the duration of the cleanse.

Ask yourself:

How do I want to feel in my body?

How do I want to feel in my mind?

How do I want to experience my emotional body?

What is my highest intention?

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Lifestyle



Cleansing is about creating supportive daily rhythms and nourishing routines.....

Everything in the natural world moves in rhythm and pulsation so cleansing can simply be seen as a process in which we harmonize our daily rhythms once again in order to avoid imbalance.

Creating small shifts in our daily routine in order to optimize the functioning of our body/mind is essential in cleansing. If we only make dietary changes we will find that the cleanse only goes so deep and when it ends

we revert back to previous patterns. During the period of your simple cleanse, which can be anywhere from 1-3 weeks (or longer if desired), the suggested lifestyle shifts are very simple, but deceptively challenging. Do not let their simplicity lead you to think they aren't powerful though. I have found the lifestyle changes to be the key ingredient in establishing good health in every season.

Lifestyle Shifts:

Be in bed by 10pm each night

Get up by 6am each morning

Meditate daily

Move your body daily (Yoga is great!)

Limit screen time (TV, computers)

Eat dinner by 7pm at latest

Don't over schedule yourself

Allow space for stillness

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Nourish



There are many ways to nourish ourselves during cleansing

It is important to nourish all aspects of your being during a cleanse so that we don't look to food to satisfy our every craving.

Cleansing is a great time to indulge yourself in daily self massage, walks in nature, daily yoga practice, time in stillness, more intimate connection with your family, and a whole foods diet. It is a great time to plan more time in the kitchen actually preparing your own meals so you

deepen your connection to the foods you eat and ideally meals will be eaten in a quiet atmosphere that encourages mindfulness. Your best choices for foods are whole foods that are in season, meaning your autumn cleanse will emphasize more root vegetables and apples while spring cleansing may emphasize more bitter greens. I've included a recipe for Kitchari which is an ideal cleansing food in any

season and is an easy one pot meal.

Diet Guidelines:

Eat foods that are in season

Avoid flour and refined sugar

Avoid processed foods

Avoid caffeine & alcohol

Eat proper meals & avoid snacking

Sip warm water between meals

Don't overeat

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Kitchari



Kitchari is a traditional cleansing dish made with rice and sprouted mung beans.....

Kitchari is both nourishing and detoxifying and is the ideal one pot meal during a cleanse as it is the essence of simplicity.

1 cup soaked mung beans
2 cups rice
1 inch fresh ginger root
1 small handful fresh cilantro
2 tbs. ghee
1 tsp each turmeric, coriander powder, cumin powder
1 tsp each whole cumin seeds and mustard seeds
1 tsp kosher salt
1 pinch hing (asafoetida)

3 -4 cups of water (use more water if you have weak digestion)

1. Wash beans and rice together until water runs clear

2. In a large pot on medium heat mix ginger, ghee, spices and salt

3. Add rice and beans. Stir till coated, add water, bring to boil. Add sliced root vegetable or hardy greens if desired.

4. Turn heat to low, cover, cook until water is absorbed

5. Add cilantro before serving

Variations:

Brown Rice = more grounding

White Rice = easier to digest

Split Mung Beans = easier digestion

+ Root Vegetables = more nourishing

+ Bitter Greens = more cleansing

+ Chicken Stock = deep rejuvenation

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