



## Spiritual Nutrition: Cleanses, Fasting and Detoxification

Saturday Nov. 2, 2019

4:30 to 6:00 p.m.

Led by: Renée Bogard E-RYT® yoginirenee7@gmail.com  
Yoga Instructor/Certified Vegetarian Raw Foods Facilitator

*Learn about different herbal cleanses, juice fasts and detox plans to help the body release toxins, candida, and heavy metals as well as enhance your immune system, jump start weight loss or healthy eating programs. Be inspired and well informed on how to cleanse for better health and increased energy. We will discuss valuable information on:*

- Why a healthy diet isn't enough in our modern world?
- Different juice fasts and cleanse programs
- Which protocols are safe and effective, which ones to avoid
- When and how often to cleanse for optimal results
- Daily detox practices you can easily incorporate into your life
- The amazing health benefits!!
- The spiritual benefits of fasting for improved intuition and creativity
- Digital detox from EMF's



*This class very beneficial for those with: \*auto-immune disease \*arthritis  
\*cancer \*fibromyalgia \*IBS \*chronic fatigue \*everyone can benefit!!!*

Class led by Renée Bogard E-RYT®. Renée has been teaching yoga and plant based nutrition since 2005, completed a certification from Creative Health Institute (Michigan) and has accumulated over 250 hours of trainings, conferences and workshops on health and plant based nutrition- some of those lectures with renowned vegan health gurus Dr. Joel Furhman, Dr. Gabriel Cousens and Paul Nison. She continues to learn from her own health challenges the simplest ways to work with plant based foods.

**Cost: \$30 (Includes lecture, handouts and juice samples.)**

**Location: Inner Path**

**7673 Shelby St. Indianapolis, IN 46227**

**Call Inner Path to register: (317) 883-1100**

**www.myinnerpath.com If you would like to register online**