

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3707-894, "7-Day Cleanse: Tonify, Detoxify & Balance Your Body, Mind & Spirit. This course combines both the 5-day and 2-day "Illuminate Your Life" courses with Gurmukh Kaur Khalsa and Gurushabd Singh Khalsa **PLUS** a special cleansing regimen. The dates of the course are August 13 – 20, 2010.

Please note that there is a special schedule for this course:

Schedule:	Friday	8:00PM-10:00PM	Workshop
	Saturday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Sunday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
	Monday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Tuesday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Wednesday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
	Thursday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
	Friday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop

Please note that this course has an extended schedule when the Children's Program will not be available. The above schedule is subject to change at the discretion of the faculty.

If you do not arrive on campus until Monday morning's 4:00AM class, please check in at the Main Office after 8:00AM.

The faculty has asked us to inform you of certain restrictions in order for you to obtain the greatest benefit from the cleansing regimen.

NO pregnant or nursing women.
NO cigarettes!!
NO recreational drugs.
NO alcohol
NO aspirin/tylenol or any over-the-counter medication.
NO deodorants with aluminum chlorohydrate or alcohol.

Awakening the Best in the Human Spirit

Please bring with you:

- A skin brush or loofah and pure almond oil
- A reusable water bottle (to hold one of the cleanse drinks)
- A Tupperware container to take the final day's lunch with you.

The attached documents will give you a greater understanding of the cleanse and what it entails.

Shivanter at Golden Bridge Yoga NYC has further information on these and other details. Please contact Shivanter at johnbarczak@hotmail.com to discuss any concerns you might have.

Please notify Shivanter before coming to the cleanse if you are taking any medications or herbal supplements, especially any herbal cleanses, as they may conflict with the cleanse program we are offering. Please note that it is essential that you not discontinue any medications in order to participate in the cleanse. If you have any questions, please contact Shivanter before coming to Omega

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

Why Do the Golden Bridge Yogi's Cleanse:

- *Group support
- *Daily Kundalini Yoga
- *Nutritional Counseling
- *Improve Digestion and Elimination
- *Rejuvenate and restore your vital energy
- *Stabilize or lose weight
- *Balance metabolism
- *Balance your emotions
- *Clear your mind and elevate your spirit
- *Purify and strengthen your body's major systems:
(Improve liver and kidney function, purify blood, strengthen the nervous, lymphatic, respiratory and circulatory systems)
- *Increase your self-confidence
- *Increase your potential for optimum health

Altar- We will be creating a sacred altar while we are cleansing. Please bring objects, images, sacred writings to set on the altar. We will also be incorporating found objects from nature to honor the work that we are doing on ourselves and the planet as we cleanse. Come prepared to allow yourself to go within, clearing out all that does not serve you anymore, ridding yourself of all the toxins that keep us from operating at our highest frequency, understanding that "God and me are one." This cleansing experience will give you the opportunity to release not only the physical toxins but also the emotional and psychological blockages that hold us back. Come prepared to share and release --we are creating a supportive and nurturing environment for the transformational working of healing ourselves,.

Blessings,
Shivanter

The Golden Bridge Yogi's Cleanse is based on the teachings of Yogi Bhajan and 5,000 year old Yogic and Ayurvedic Traditions of self-healing through diet, nutrition and yoga. The Yogi's Cleanse is supported by Ayurvedic Herbs formulated by Karta Purkh Singh.

The Yogi's Cleanse is designed to create a gentle detoxification of the body. Many cleanses take a more radical approach and may create a "healing crisis". With the tonifying and restorative energies of the Superior Chinese Herbs and the strengthening of daily Kundalini Yoga classes, the Yogi's Cleanse provides the body the needed supportive energies to rebuild as it detoxifies. In Ayurveda, we call this the "antidote principle" and through it we can cleanse without becoming depleted.

From the yogic perspective, food is the medicine which creates the essential energy and equilibrium in the body. From the early times of our human experience, food has been our medicine. Unfortunately, in modern times, we have managed to process the healing properties out of our foods so that much of what we eat is often toxic and depleting to our system.

According to the Vedic Traditions, all matter and energy has one of 3 attributes (Gunas):

Satvas: Elevating and Healing

Rajas: Neutral

Tamas: Toxic and Depleting

With the Yogi's Cleanse you will give yourself seven days of Sattvic foods and activities to cleanse yourself of the Tamasic elements in your life. This will allow your body and mind to rejuvenate, regulate and heal. Through this process, you can eliminate old patterns and begin to create new habits for a healthier you.

The Yogi's Cleanse is a program of nutritious vegan, alkaline foods, herbal supplementation, healing tonics and teas, hydrotherapy, nutritional counseling and Kundalini Yoga and Meditation. It is not a fast. You can eat as much as you need of the delicious foods, and at the same time learn to stop eating before you feel full. We will do the Yogi's Cleanse for seven days based on the ancient Tantric teaching that seven is a number of elevation, expansion and light. The Yogi's Cleanse is a program to elevate the spirit through the process of elimination and purification.

The Yogi's Cleanse Program:

The Yogi's Cleanse is divided into four phases and supported with daily Kundalini Yoga classes and supplementation with Healing Heritage Chinese Herbs.

Phase 1: Day 1 and 2: Introduction and basic toning: In this phase of The Yogi's Cleanse, you will introduce your body to the alkaline vegan diet and begin tonifying and fortifying the system to prepare for detoxification.

Phase 2: Days 3 through 5: Liver strengthening, toning and detoxification: The liver is the primary organ of cleansing the body and regulating the body's natural energies. In this phase of The Yogi's Cleanse, you are loosening and eliminating the toxins from the liver.

Phase 3: Days 6 and 7: Transition and reintroduction:

In the last phase of The Yogi's Cleanse you continue to tonify your system and begin transitioning yourself into your new regular program.

Daily:

Each day, you will practice Kundalini Yoga sets designed to facilitate your cleansing process, detoxify the liver and to strengthen and tonify your basic system. As well you will be taking the Superior Chinese Herbs, tonics and teas that are provided in the program.

These seven days will change you. Discover your own restorative and vital energies and give yourself a new and recharged life.

Medical Disclaimer:

If you are under a physician's care for any particular treatment or are taking any prescription, we recommend consulting your physician before starting the Yogi's Cleanse. If you are under a physician's care for digestive disorders, we recommend waiting to start the Yogi's Cleanse until your treatment program is complete.

Product and Dosage Information: The Golden Bridge Yogi's Cleanse

Healing Heritage Herbs

Healing Heritage Cleanse Kit

Congratulations on taking this journey towards health and well being. Our intention with these formulas are to create a collaboration of Eastern, Western and Indigenous herbal wisdom to augment a food cleanse. This cleanse incorporates all aspects of your being, including physical, spiritual and emotional.

We would love to hear your experience, and if there is any way we can further serve you please contact us through our website at www.healingheritage.net.

Here is a quick reference for dosages:

- **Parasite-tea:** removes parasites
6g (level spoonfuls) first thing in the morning
- **Gravi – tea:** promotes the healthy function of the intestines
5g (level spoonfuls) first thing in the morning right after “parasite – tea”
- **Detoxi-tea:** clears heat, cleans toxins, creates free flow of energy
6g (level spoonfuls) two times a day in between meals
- **Longevi-tea:** tonifies and nourishes
10g (level spoonfuls) **right** before lunch
- **Levi – tea:** calms and relaxes
7g (level spoonfuls) right before bed

Each of the following five formulas will have a description of the function of the herbs from a Western, Eastern and/or Indigenous perspective. We list the Chinese name, as well as the common name and/or the Latin name. You will also notice any cautions and/or contra-indications (in red) that should be taken into consideration.

- I. **Parasite - Tea: Eliminates parasites including (but not limited to) ascariasis (roundworms), taeniasis (tapeworms) and ancylostoma (hookworms).**
 - **Wu Mei - Mume:** Traditionally used to expel parasites, Black Plum is also used to treat roundworm and hookworm infection. In recent years it has often been used as an ingredient in combination with other detoxifying herbs.
 - **Chuan Jiao - Zanthoxylum:** The Sichuan Pepper expels parasites, kills round worms, is a natural pain reliever, boosts immunity and helps with weight loss.

- **Lai Fu Zi – Raphanus:** Daikon Radish eliminates food retention, descends *qi*, and is often used as a digestive aid.
- **Lei Wan - Omphalia:** This herb is used to treat intestinal parasites such as roundworms, tapeworms and hookworms. It also helps to fight malnutrition in children. **Omphalia has slightly toxic properties and should not be taken by women who are pregnant or lactating.**
- **Shi Jun Zi - Quisqualis:** This herb is effective in the elimination of intestinal worms, particularly roundworms and tapeworms. It also helps to eliminate food retention.

II. Gravi - Tea: Promotes the healthy function of intestines and facilitates elimination.

- **Shan Zha - Crataegus:** Mountain Hawthorne Berry is one of the most popular herbs to aid digestion and eliminate food retention. It also lowers cholesterol.
- **Hou Po:** Magnolia Bark is highly effective against digestive and intestinal problems. It possesses 1000 times more powerful antioxidant properties than vitamin E. It also controls the body's primary stress hormone, cortisol. By controlling cortisol it cannot only be used as a general anti-stress and anti-anxiety agent, but can also help with a myriad of health issues associated with elevated cortisol, including obesity and diabetes.
- **Fan Xie Ye:** Senna Leaf has laxative properties, as well as anti-bacterial properties, purging stagnation and accumulation. **Senna Leaf is contraindicated during pregnancy or during menstrual period and nursing period.**
- **Lu Hui:** The exude from the leaves of Aloe are used as a strong purgative and stimulant laxative. Aloe also decrease cholesterol and triglycerides, and reduces fasting blood-sugar dramatically due to the stimulating effect it has on the pancreas to produce more insulin. **Aloe has an abortifacient effect and should not be used in pregnancy.**
- **Yu Li Ren - Prunus:** Used to help relax and moisten the bowels, Prunus promotes bowel movement. **This herb should be used with caution during pregnancy.**
- **Zhi Shi:** In many parts of the world, the Bitter Orange is popular for its digestion and sleep-assisting properties. This herb assists with pain in the abdomen, digestion issues, and regulates constipation and diarrhea. Bitter Orange also helps with weight loss and weight management, as it is known to raise metabolism, increase expenditure of calories, improve stamina and energy, and speed up the elimination of unwanted stored fat and suppress the appetite. **This herb should be used cautiously for women during pregnancy.**
- **Da Huang:** Rhubarb is used as a laxative and to evacuate the bowels and improve the digestive tract. Rhubarb has also been found useful in treating jaundice and indigestion. Rhubarb has the ability to fight infectious fungi such as candida. **Rhubarb should be cautiously used during pregnancy or during menstrual period and nursing period.**
- **Gan Cao:** Licorice is a moist, soothing herb that is anti-inflammatory and has laxative effects. It is further used to relax muscles to relieve pain and reduce side effects for many herbs.

III. Detoxi - Tea: Clears heat, cleans toxins, creates free flow of energy.

- **Xiang Fu:** Cyperus soothes the liver and is a primary herb for the treatment of irregular menstruation and dysmenorrhea.
- **Dang Gui - Angelica Tang Kuei:** “Chinese Angelica” is one of the most commonly used herbs in Chinese Medicine. It balances the body’s production of estrogen, boosts white blood cells which helps fight inflammation, increases red blood cells, improves liver and kidney function and also keeps the smooth muscles in the arteries dilated, helping to maintain regular blood flow and heart beat.
- **Gua Lou:** Trichosanthes is a natural antibiotic, expectorant, and laxative. It can disperse phlegm, remove pus, expel toxic matter and is anti-inflammatory. It creates a cooling effect in the body. It also helps stimulate the production of body fluids and is used in modern Chinese treatments for diabetes. **Trichosanthes should be cautiously used when pregnant.**
- **Jin Yin Hua - Lonicera:** Honeysuckle is used to clear heat and remove toxins. Generally, honeysuckle flower has been employed to treat a variety of conditions, ranging from fevers, ulcers, inflammation and sore throats to skin infections and releasing poisons from the body. It has also been used as an antiviral and to lower blood pressure.
- **Lian Qiao:** Forsythia is typically used to detoxify the body. It is often used for the common cold, influenza, allergies and as an antiviral, antibacterial, anti-inflammatory, antipyretic, antiallergenic and as an antioxidant.
- **Niu Bang Zi - Arctium Lappae:** Burdock Fruit relieves toxicity and relieves swelling. It has historically been used to treat a wide variety of ailments including arthritis and hair loss but more recently it has been used for bacterial infections, cancer, HIV, kidney stones and to lower blood sugar, helping in the treatment of diabetes.
- **Pu Gong Ying:** Dandelion is a bitter-sweet, cooling herb that has diuretic, laxative effects. It also stimulates liver function, improves digestion and reduces swelling and inflammation. It is used for gall bladder and liver disorders including cirrhosis and jaundice.
- **Zhi Zi:** One of Gardenia’s main functions is to clear heat. It is traditionally used in Chinese medicine to treat the symptoms of type 2 diabetes and does indeed contain a chemical that reverses some of the pancreatic dysfunctions that underlie the disease. It also has mild antiseptic properties.
- **Huang Lian:** Coptis has strong antibiotic properties. It clears heat and cleans toxins, and is commonly used for strep throat, UTI’s and other infections.
- **Bai Jie Zi - Brassica:** The phytonutrient compounds in Mustard Seed protect against gastrointestinal cancer and have anti-inflammatory effects. Additionally it is antibacterial, antifungal and antiseptic.

IV. Longevi - Tea: Tonifies and nourishes, slows the aging process.

- **Gou qi zi - Lycium Fruit:** Goji Berries are reported to contain 18 amino acids (six times higher than bee pollen), more Beta Carotene than carrots, more Iron than spinach, and 21 trace minerals. They also contain Vitamin B1, B2 and B6. Goji Berries are 13% protein and are extremely high in antioxidants. They have been renowned as one of the most powerful anti-aging foods. They are also helpful against cancer, diabetes, and heart disease, while being beneficial to the liver, kidney, immune system and even brain health.

Ling zhi – Ganoderma: Red Reishi, known as the “Miracle Mushroom,” has been part of traditional Chinese medicine for more than 2000 years and is widely regarded as the “Elixir of Life” and is used in many tonic formulas. It inhibits tumors, enhances the immune system, tonifies the heart, is anti-inflammatory, increases oxygen absorption, reduces high cholesterol, reduces high blood pressure and is anti-viral. It has also been said to treat nervousness and weakness. It has anti-aging properties and promotes longevity.

- **Shu Di Huang:** Prepared Rehmannia's root is used medicinally to replenish vitality, to strengthen the liver, kidney and heart. Its astringent compounds halt bleeding of ulcers and reduce inflammation of the digestive system. Other compounds in this herb work to reduce capillary fragility and support liver and adrenal glands.
- **He shou wu:** Polygonum is one of the premier Chinese longevity herbs. In tonifying kidney essence, this herb prevents premature aging, strengthens sperm and ova, maintains the youthful condition and color of hair and also increases sexual vigor. Polygonum is also an immune booster and lowers cholesterol and blood pressure.
- **Huang qi:** Astragalus strengthens vitality and improves the ability to cope with physical and emotional stress. It improves the immune system and the adrenal gland and digestive function. It strengthens and boosts the immune system by improving the ability of macrophages (a type of white blood cells) to fight and devour bacteria, fungi and viruses and is also thought to promote the production of interferon in the body. This herb makes some cancer medication more effective, thereby allowing less toxic dosages to be used in treatment.
- **Ren shen:** Ginseng stimulates and relaxes the nervous system and encourages the secretion of hormones, improves stamina, lowers blood sugar as well as cholesterol levels and increases resistance to disease. In Chinese medicine it is used to quickly restore homeostasis (balance) reducing the effect of aging and enhance physical, sexual and mental performance. Ginseng has excellent antioxidant and anti-fatigue effects.
- **Wu wei zi:** Schizandra is a potent adaptogenic herb which balances body functions and normalizes the body systems. It optimizes energy during time of stress. It stimulates the immune system and shields against infection. Schizandra energizes RNA-DNA molecules to rebuild cells and produce energy

V. Tranquili - Tea: Calming and relaxing, natural and safe sedation.

- **Sheng Jiang - Zingerberis Officianels:** Ginger relaxes spasms and relieves pain. Ginger also increases circulation and calms and warms internal organs. It also has a descending nature, quelling nausea and vomiting.
- **Bai He:** Lily bulbs treat insomnia and heart palpitations. Its tonic properties make it a good herb for promoting restful sleep and treating restlessness and irritability.
- **He Huan Pi – Albizzia:** Mimosa Tree Bark, commonly referred to as “Joy Bark” or “Happy Bark” is categorized as a calming spirit herb, because it anchors the spirit. It has been used for the treatment of insomnia, as well as depression, melancholy, stress and anxiety. It enhances all aspects of neurotransmitter secretion and regulation in the brain.
- **Shi Chang Pu:** Acorus is one of the most commonly used Chinese herbs for the treatment of mental disorders. It is a general sedative as it tranquilizes the mind and central nervous system. Acorus based medications can be used in treating withdrawal symptoms in drug addicts and is also used in the treatment of seizure disorders. It is a great herb to help sleep disorders.
- **Suan Zao Ren - Zizyphus:** “Sour Jujube Seeds” are used to treat insomnia, palpitations, anxiety, sweating problems, and poor memory problems. Suan Zao Ren is a natural, safe, nourishing sedative. In Chinese Medicine this herb nourishes the two organs responsible for sleep - Liver and Heart. When balance is brought back to these organs then sleep is done naturally. it will also help with anxiety, overworked mind, restlessness, irritability, night sweats, palpitations and fidgeting.
- **Yuan Zhi - Polygala:** Yuan Zhi, literally translated as “Far Will,” is considered a powerful tonic herb that can help develop the mind and aid in creative thinking. It benefits the mental state including amnesia, anxiety, constrained emotions, dream-disturbed sleep, excessive brooding, fear, forgetfulness or poor memory, insomnia, mental disorientation or confusion, neuresthenia, palpitations, epilepsy, convulsions, pent-up emotional states, irritability and restlessness. **If you have an acute peptic ulcer or gastritis, this herb can exacerbate it. The dosage used in this formula will probably not create a problem, but if it does back off on the dosage or skip it all together.**
- **Bo he - Menthae Haplocalycis:** Mint clears the head and eyes, dissipates heat, soothes digestions, and soothes the liver. It is also taken to affect the nervous system. It eases and unblocks the breathing and respiratory passages and airways. Mint also acts as a mild sedative and has calming properties.

Yogi Tea:

Ginger Tea

A warming energizer, Ginger is traditionally known to support the digestion and immune system. According to Ayurveda, Ginger activates the body’s fire element to purify the Ama, the toxins in the body.

Dosage: Steep one tea bag in a boiling cup of water for 4 to 6 minutes. Drink one cup per day.

Contents: Active Ingredients: Organic Ginger, Lemon Grass, Licorice, Peppermint and Black Pepper.

Yogi Tea:

Classic India Spice Tea

This is the original "Yogi Tea" formula. It is an ancient Yogic recipe for all systems of the body and particularly the liver.

It works to build your core vitality (prana). The formula works respiratory, circulatory, nervous, skeletal, glandular, lymphatic, digestive and eliminative systems.

Dosage: Steep one tea bag in a cup of boiling water for 4 to 6 minutes. Make the tea before you go to bed and then place in the refrigerator overnight. Drink first thing in the morning every day after brushing your teeth.

Contents: Active Ingredients: Cinnamon bark, Cardamom Seed, Ginger Root, Clove Bud, Black Pepper,

Yogi Tea:

DeTox Tea

This tea is a gentle detoxifier and primarily works to strengthen the liver function. As well, the tea also contains the 5 basic Yogi Tea spices and other spices so it has a great underlying effect of building the nervous system and helps to keep you relaxed during your detoxification process.

Dosage: Steep one tea bag in a cup of boiling water for 4 to 6 minutes. Make a cup and drink the tea every afternoon of the Yogi Cleanse.

Contents: Cinnamon bark, Sarsaparilla root, Licorice root, Juniper Berry, Black Pepper, Chinese Amur Cork Tree Bark, Japanese Honeysuckle Flower, Forsythia Fruit, Gardenia Flower, Skullcap Root, Black Cohosh, Chinese Goldentthread Root, Rhubarb Root, Wax Gourd, Asian Psyllium Seed, Cardamom Seed, Clove Bud.

CONFIDENTIAL MEDICAL RELEASE FORM
PLEASE EMAIL TO: johnbarczak@hotmail.com

OR

If you need to fax: call Shivanter @ 845 321 0221 for fax number
PLEASE SEND BACK NO LATER THAN August 9, 2010

Name _____ Birthdate _____ Male _____ Female _____

Address _____ Zip _____

MEDICAL HISTORY

YES NO

1. Do you currently have any physical injuries, complaints, or chronic illness at this time?
If yes, **what & for how long?** _____
2. Have you had injuries in the past (i.e., back, knee, shoulder, elbow, etc.)?
If yes, **what & when?** _____
3. Are you currently under the care of a physician or practitioner of any sort?
If yes, **what for & how long?:** _____
4. Are you taking medicines of any type?
If yes, **what & what for?** _____

CLEANSSES ARE POWERFUL TOOLS TO PROMOTE PHYSICAL, EMOTIONAL AND SPIRITUAL HEALING AND CAN IN SOME CASES PRECIPITATE A CHALLENGING REACTION IN ANY OF THESE AREAS. AS THE LIVER DETOXES THERE MAY BE SOME CHANGES IN MEDICATION LEVELS SO BE SURE TO CONSULT YOUR PHYSICIAN BEFORE STARTING THE CLEANSE. DO NOT GO OFF OF YOUR MEDICATIONS FOR THE CLEANSE. IF YOU ARE CONCERNED ABOUT YOUR MEDICATION, CONSULT YOUR PHYSICIAN.

YES NO

5. Are you on a special diet? If yes, what kind: _____
6. Do you have or have you ever had:
- a. Diabetes? If yes, are you taking insulin? _____
How much? _____ How often? _____
- b. Seizures?
- c. Asthma? (If yes, **please carry your medication/inhalers with you.**)
- d. Allergies? To what: _____
- e. Are you allergic to bee stings?
Type of reaction: _____
***If yes, (please carry your medication with you on the course)**
7. Are you a smoker?
8. Are you pregnant? (If the answer is yes, please refrain from doing the cleanse.)
9. Are you currently nursing? (If so, please refrain from taking any of the herbs on this cleanse. You can just follow the cleanse diet.)

10. Emergency Contact Name (please print): _____
Relationship: _____ Phone Number: _____

Name of Physician: _____

Address: _____ Phone: _____

Name of Insurance _____ Group & ID Number _____

Signature

Date