



Autumn Cleanse 2024...

Gift yourself the time to
Reset & Realign

3RD - 17TH
OCTOBER 2024



Cleanse Dates

15 DAY CLEANSE PROGRAMME WITH OVER 5 HOURS OF VIDEOS ON OUR COURSE HUB...TOTALLY TAILORED TO YOUR SPECIFIC NEEDS AT THIS TIME.

ACTUAL CLEANSE DATES... 3RD - 17TH OCTOBER

3RD - 7TH OCTOBER 'EASING INTO CLEANSE'

8TH - 12TH OCTOBER 'DEEP RELEASE'

13TH - 17TH OCTOBER 'EASING OUT OF CLEANSE'

Call dates & times

PREP CALL: CHOOSE YOUR PATH & ASK ALL THE Q'S | TUES 24TH SEPTEMBER...7-8PM

NEW MOON CALL : INTENTION SETTING & 'EASING IN' | WEDS 2ND OCTOBER...7-8PM

PREP CALL: INFO & Q'S FOR OUR 'DEEP RELEASE' PHASE | MON 7TH OCTOBER...7-8PM

INFO CALL: THE IMPORTANCE OF 'EASING OUT' | SAT 12TH OCTOBER...6-7PM

FULL MOON CALL: LETTING GO & 'CLOSURE' CALL | THURS 17TH OCTOBER...7-8PM

Also
Included

- 'AUTUMN CLEANSE, AYURVEDA STYLE' WORKBOOKS, JAM PACKED WITH TONS OF INFO ON AYURVEDA, CLEANSING, SHOPPING LISTS, RECIPES AND SELF CARE TIPS
- A JOURNAL FOR THE 2 WEEKS, FOR REFLECTIONS, INSIGHTS AND INTUITION EXPLORATION
- 6:30AM MORNING MEET-UPS ONLINE FOR INTENTION SETTING AND 'EARLY TO RISE' ACCOUNTABILITY
- SUPPORT AND ACCOUNTABILITY THE WHOLE WAY THROUGH, WITH WORKSHEETS AND SHORT VIDEOS ON AYURVEDA, BREATH WORK & SELF ENQUIRY EACH AND EVERY DAY...
- PRIVATE COMMUNITY FORUM WHERE WE CAN SHARE TIPS, IDEAS, STORIES, ASK Q'S AND ACCESS THE VIDEOS



Live Intuitively
WITH FAYE