

सत्त्विक साग्दे

अयुर्वेद
A personal journey to natural health

INDIVIDUAL GUIDANCE / OVERSIGHT OF HOME-BASED AYURVEDA CLEANSE

Consultation, guidance, overseeing of your home-based Seasonal Cleanse (including Virecana or Basti), as well as suggestions/guidance on therapies of Abhyanga, Śirodhara, Nasya, Karna Purana.

Your personal plan includes all 3 phases: Purvakarma (Prep), Panchakarma (Active) and Rasāyana (Post Rejuvenation)

The Sunday and final day of cleansing (Purgation or Basti Day) requires that you stay home for the day

INCLUDES:

Personal Cleanse Consultation

- In-Depth Intake Document
- 1 Hour Visit to Determine Prakṛti / Vikṛti and discussion on Cleanse Implementation.
(This visit may be done In-Person or Via Phone Call or Zoom – Your Choice)

Personal Cleanse Plan Based on Current State of Vikṛti (*yours to keep for future cleansing*)

Suggested Plan - Includes 7-Day Prep Phase, 7-Day Active Phase & 1 Day Purgation or Basti

- Includes Suggested Foods, Oils, Herbs, Recipes, Shopping List
- Ahara, Dinacharya, Snehana instruction (All explained) for daily Self-Care practices
- Beginning on a Saturday and ending on a Sunday, 15 days total (May be extended)

(3) 30-Minute Visits (In-Person, or via Phone or Zoom – Your Choice)

For Preparation, 'Check in' & To Answer All Questions

These visits are scheduled & conducted at a convenient time of day on

1. Friday Before Start Date of Preparation Week
2. Friday at End of Prep Week of Start of Active Week
3. Sunday Evening at end of Purgation / Basti Action

All preparation / questions answered during these scheduled visits. All Sanskrit Terms / actions fully explained.

The above items are a total of **\$289/pp**

**You may also join ongoing Group Seasonal Cleanses that take place every April & October at the 'Past Participant' rate
This means you will use your plan, but join a group of others doing the same, for group activities and support
All info on Group Cleanse is available at www.sattvicsage.com/ayurvedacleanse**

OPTIONAL:

If more support is desired~

Middle of week Cleanse Guidance (If needed to answer additional questions) \$99

- 30 minutes additional Video Discussion on Tuesday of Prep Week
- 30 Minutes additional Video Discussion on Tuesday of Active Week
- 30 Minutes additional Video Discussion on Saturday, prior to Purgation/Basti day

Ongoing Guidance: 90-Min Follow Up Visit \$99

Discussion *on-going* balancing foods, herbs, pranayama, yoga, and lifestyle/self-care practices before and after cleansing.

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