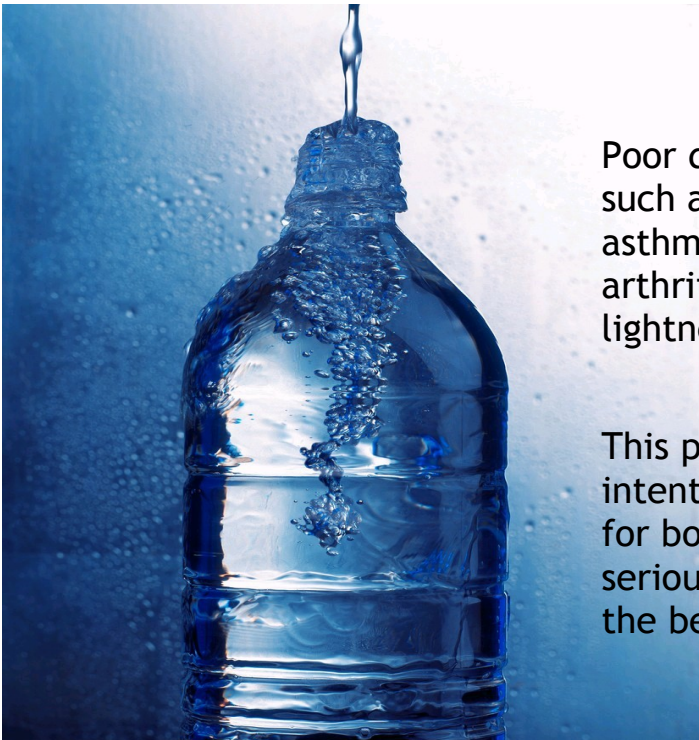


DETOX WORKSHOP

Laghoo shankhaprakshalana:

The short intestinal wash. Involves the drinking of several glasses of saline water and the expelling it through stool after a series of gentle easy yogic exercises; in the process a thorough cleansing of the colon takes place.



Poor digestion is behind many allergies such as hay fever, skin rashes, allergic asthma and even some forms of arthritis. Bring a wonderful feeling of lightness and well-being

This process is to set your goal and intentions for 2009 with a lasting effect for body mind and soul. It is to be taken seriously and followed strictly to see the best results.

A rare opportunity to work with Simone Moir,

She has been a qualified yoga practitioner for more than 10 years and has now established herself as one of Glasgow's most sought after yoga teachers.

Her unique blend of Ashtanga, Hatha, and Iyengar yoga and Yoga Therapy is providing a powerful workout for body, mind and spirit for all abilities and ailments. Simone's one on one yoga sessions have helped, among others, people with injuries, sportsmen, and those simply looking to improve their fitness and flexibility. Her unique expertise also makes her much in demand with fellow yoga teachers and professionals in related fields: teaching specialist workshops for qualified yoga instructors, all around the world.

DETOX WORKSHOP

Shankhaprakshalana The 'Cleaner Consciousness'

Handout for all participants

If uncertain or you have any questions phone Simone Moir on 07789 813481

Shankhaprakshalana is one of the major hatha yoga practices, coming under the heading of dhauti kriya, it is also known as varisara dhauti. Dhauti refers to 'internal washing' and vari means 'water'. Generally the term shankhaprakshalana is applied, shankha meaning 'conch', because of its resemblance to the stomach and intestines; prakshalana meaning 'cleaning'.

Shankhaprakshalana is not just a practice concerning the stomach and intestines, but is a thorough cleansing technique. It creates a repair action which affects the lungs, nervous system, skin, sinus area, the whole body, continuing while the person follows the regime of special food and asanas. In this way we see the reduction of so many disease conditions, diabetes being the most notable, and a positive step in the direction of good health.

As intake of toxic substances must be curtailed, it is at this time that many people leave cigarettes, alcohol and other habits permanently. This is a time of revision where life changes direction, new food, new habits and the foundation for a positive fresh view of life are set.

Before and after the practice

Laghoo Shankhaprakshalana is not just a practice which takes 3-4 hours on the weekly day off. It is actually a complete physiological overhaul. It begins from the night before the practice, when a light meal is eaten. The next morning, bath should be taken early, as no bathing is permitted during or after shankhaprakshalana.

After completing the flushing of the intestines, followed by a compulsory 30-40 minute rest. However sleep must be resisted, in order to avoid complete cessation of intestinal activity. After rest a liquid type khichari. A sufficient quantity, generally two or three full fist size portions of khichari must be taken to reline the intestinal walls and reactivate gastric motility and stretching the stomach to avoid cramps.

Khichari (Rice, lentils, ghee, tumeric) may be eaten again when hunger is felt, and a good amount of water should be consumed during that afternoon 3-4 hours after the initial intake.

No other food, drink, sweets, etc. are permitted in any form.

During that day there should not be any movement which creates excitement, tension or change of temperature as the body is in a sensitive state and vulnerable to cough, cold or

DETOX WORKSHOP

fever. Sitting in the sun, strenuous walking, bathing, sports, cinema, outings, marital relationships, work, sitting under a fan or in an air conditioned room must be avoided as again change in body temperature or excessive physiological activity will be overtaxing. Resting quietly is the best procedure. No yoga asanas should be practiced for 2 days, until the tissues and processes have completely recovered.

Following the practice, when the mind and body are in a pure and tranquillised condition, there is a great opportunity to practise mouna, likhit japa or study of spiritual books. This gives the practitioner a chance to 'come back to earth' again.

If headache or vomiting sensation is felt in the afternoon, alternate nostril Breathing, followed by rest gives correct benefit.

Food restrictions

From the following day after All dairy products including milk, cheese and jogurth are prohibited and sweets, fruits, tea, coffee, processed and refined foods, sour, bitter, pungent and spicy foods, chilli, egg, onion, garlic, potatoes and any other underground vegetable, tomatoes and eggplant are also restricted.

Other items such as alcohol, meat and tobacco are prohibited for another week and slowly reintroduced or stayed away form for good.

If the correct diet is strictly followed, the full effect of shankhprakashalana is then felt during this next two week period. Any alteration in adherence to the rules generally causes a disturbance, if not immediately, then at a later date. This is because during this important period, the intestines are in a sensitive condition as they are recreating the correct internal medium, the correct acid/alkaline balance. As well, the protective cellular lining on the intestinal wall, which has been removed, must be fully restored and a suitable bacterial flora re-established. Following the initial two week period, normal diet may be resumed.

Limitations, contraindication and cautions

Obviously, sufferers from ulcers, heart disease, blood pressure high or low, epilepsy or kidney failure are not permitted In general the practice is contraindicated during fever.

Not to be practised during Pregnancy. Or when not feeling 100%. Although there are many restrictions, rules and regulations, shankhprakashalana is a practice which is certainly worth undertaking. Initially there seems to be much involved. However, when the proper preparations are made and there is a relaxed atmosphere and correct guidance during the practice, the whole process is carried out as easily and simply as performing the routine daily asana practice.

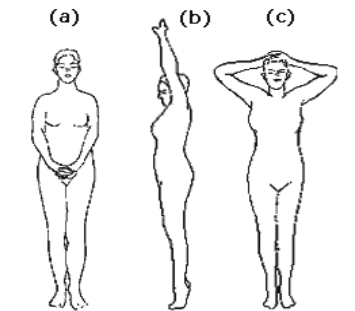
Please read the above and sign the waver before attending the class

DETOX WORKSHOP

Start by drinking 2 glasses of salty warm water and between each completed round (1-5) perform each of the poses 8 times, go for 2-5 rounds.

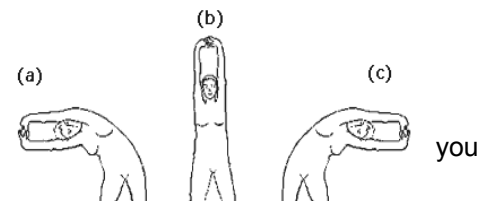
1 - Tadasana (The Heavenly Stretch Pose)

Stand with the feet together. Interlock the fingers and turn the palms downwards (a). Inhale as you raise the arms up over your head. Slowly rise up on your toes, stretching and lengthening the abdominal area (b). Hold the breath in whilst up in the tip toe stretch for just a few seconds, then exhale as you slowly come down again, resting the hands on the top of your head between rounds (c). Repeat (b) and (c) 7 more times on consecutive breaths with no rest between.



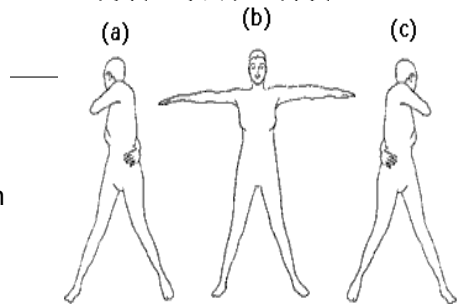
2 - Tiryaka Tadasana (Side Bending Stretch Pose)

Stand with your feet a bit more than shoulder width apart. Interlock your fingers, turning the palms downwards. Inhale as you raise your arms up over your head (a). Exhale as you bend to the right side (b), then inhale as you straighten back up to the centre (a), then exhale as you bend over to the left side (c), then inhale as you straighten back up to the centre position (a).



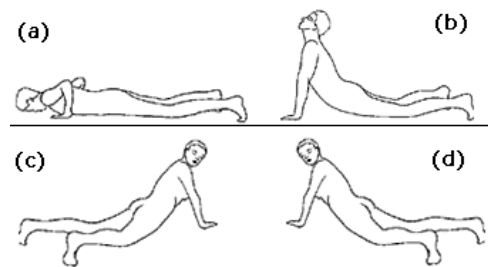
3 - Kati Chakrasana (Waist Rotating Pose)

Stand with feet shoulder width apart. Inhale as you raise your arms level to shoulders (a). Keeping the feet flat on the floor, exhale as you twist the upper body to the right side, wrapping the right arm behind the waist and the left hand onto the right shoulder. Turn the head fully to the right, look behind (b). Inhale back to the centre position as in (a). Exhale as you twist to the opposite side (c). Return to the centre position



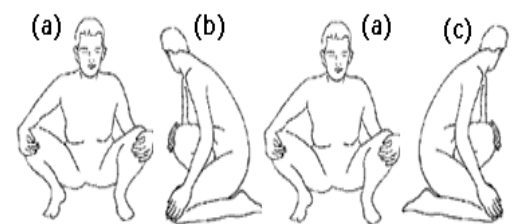
4 - Tiryaka Bhujangasana (Twisting Cobra)

Lie on the floor on your stomach, forehead on the mat, hands placed under the shoulders, feet shoulder width apart. Have the toes curled under and the heels raised up (a). As you inhale, push up into the cobra pose (b). As you exhale, twist the upper body around to the right, turning the head to look over the shoulder at the left foot (c). Inhale as you come back to the centre position as in (b). Exhale as you twist the body around the left, looking over the left shoulder at the right foot (d).



5 - Udarakarshanasana (The Abdominal Massage Pose)

Squat on both feet, place the hands on knees. Inhale at the centre position (a). Inhale as you twist the upper body and head around to the right, dropping the left knee onto the floor (b). Whilst twisting and holding for a few moments, push the right knee over the left thigh so as to exert a pressure into the lower abdomen. Exhale when coming back into the centre position same as in (a). Inhale as you twist to the left side, pushing the left knee and massaging the tummy (c). Inhale back to the centre position.



Eat 40 min after finishing the last round mix of rice, lentils, Tumeric and Ghee. DON'T SLEEP for at least 4hrs.

DETOX WORKSHOP

Detoxify Your Body for Spiritual Practice

Here's a few things you can do to help detoxify your body for the spiritual path:

One: If you want to clean your arteries, there's two things that are a problem. Firstly, the deposits on your arterial walls. Secondly, all sorts of blood clots in the veins and arteries. Breathing exercises also do wonders for helping circulation (no side effects there). Even martial artists find their practice always improves when they start breathing exercises. De-cluttering by using lists or pen and paper next to the bed are good tips.

Two: To clean your blood, you have to first clean your liver, which is your body's main blood filtering mechanism. You can clean your liver through various Chinese dredging herbs, or even through western herbal combinations and various nutritional supplements. Home remedy :A mix of olive oil and lemon juice 3TbIs daily in the morning will help will gallbladder as well. Frankly, cleaning the liver is rather easy compared to other organs because of the speed with which liver cells rapidly regenerate.

Three: You can clean the kidneys using the homeopathic Renelux and by doing kidney flushes. Just a few glasses of water with lemon juice every day can do wonders for the kidneys. Keep your hydration levels up!!!

Four: For the lymph channels, exercise is your best bet. Yes, there are herbs for cleaning the lymph channels but exercise and bodywork such as the "vibration board" works wonders, lymph drainage massage are what I'd recommend - exercise is the best way to keep your lymph flowing.

Five: The Brain. Basically you want to increase blood flow to the brain, and all the arterial cleansing routines help accomplish this. All the herbs like ginkgo for the brain simply act as mechanisms to open up the tiny capillaries in the head to promote blood flow. Yoga head stands do the same, and so does meditation as well.

Six: The intestines. **Intestinal wash - Shankhaprakshalana**

Seven: There are lots of routines nutritionists and naturopaths have developed to help rid your body of toxic, heavy metals (neurological problems like Alzheimer's). The "Aqua foot detox" is a good solution for. Better start cleaning that stuff out early rather than let it build up all the years and do its damage.

Eight: As to keeping your body clean, the big thing to do is change the diet. I'm not going to tell you what you *should* eat but rather, what you should avoid. Sugar is a perfect example -- it lowers the immune system, causes you to gain weight, messes up your moods and contributes to diabetes. Natural is best – organic perfect - the least processed the better

Nine: slow down your train of thought once a day

DETOX WORKSHOP

The waiver for the detox-workshop at Greens on the 31.01.08

I _____ (print name) understand that yoga includes physical movements and breath adjustments, as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against My One on One.

Signature of student,

Date