



WITH  
JARED MCKENZIE



# AYURVEDIC CLEANSE: ROOT & RESTORE

This isn't a diet,  
this is a reset

October 2026  
Sundays 4-6p



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# WHAT IS AYURVEDA?

Ayurveda is the sister science of yoga. It's 5,000 years old and translates to "the science of life."

It teaches you how to live in rhythm with nature, your body, and your season — through food, breath, daily routines, and self-awareness.

Your body knows how to heal.  
This gives it space.

# WHO IS THIS FOR?

**This reset is for you if:**

- You feel heavy, foggy, or burned out
- You rely on caffeine, sugar, or alcohol to get through the day
- You want to feel clear, grounded, and energized again
- You've done diets and want something deeper and more sustainable
- You're ready for structure, community, and real tools

**You don't need to be "good at" yoga or Ayurveda. Just willing.**

# HOW IT FLOWS: THE JOURNEY: WEEK 0 + 1

## **Week 0: Prep**

We meet on Zoom to set you up for success.

***Free to join and gather information:  
Sunday, Sept. 27<sup>th</sup> | 4p (60min)***

## **Week 1: BREATH (Oct. 4<sup>th</sup>)**

We eliminate CATS: Caffeine, Alcohol, Tobacco, Sugar starting Monday.

**You'll learn pranayama, yoga +  
meditation specifically for cleansing.**

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# THE JOURNEY: WEEK 2 + 3

## **Week 2: GROUNDING** (Oct. 11<sup>th</sup>)

Foundations of Ayurveda, discover your dosha, and learn to live in balance. We remove processed foods.

## **Week 3: CORE** (Oct. 18<sup>th</sup>)

Cleanse week. Nonviolent communication, nourishing the body, detoxing your life, and building strength + vitality.

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# THE JOURNEY: WEEK 4

**Week 4: REINTEGRATION** (*Oct. 25<sup>th</sup>*)

Sharing circle, build your sankalpa (your heartfelt intention), and close with Yoga Nidra + Sound Bath.

**You'll leave clear, lighter, and with tools you can actually use.**

#6

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# READY TO RESET?

4 weeks to clear what's heavy and  
rebuild what's vital.

## Included:

- ✓ Homemade ghee
- ✓ Living Ayurveda Workbook
- ✓ Daily pranayama / yoga /  
meditation recordings
- ✓ Yoga flows for each dosha

October | Sundays 4-6PM

Bea You Yoga Studio

\$197

Spots are limited!

BOOK NOW →

[beayouyoga.punchpass.com](https://beayouyoga.punchpass.com)

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# BEA YOU YOGA

ESTD

2023

PILATES + TAI CHI  
JOIN THE HIVE

details in caption