

# Cleanse & Nourish

## A Rejuvenating At-Home Retreat

### Carrie Demers, MD & Terri Oswald, MD

#### March 18–22nd, 2021

From the comfort of your own home

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#### Thursday

Review the course materials, and your plan for the next 4 days.

7 pm

7:15 – 8:15 pm

Group introductions

**“Why Cleanse and How?”**

followed by a **guided relaxation practice**

Take Triphala capsules & be in bed by 10 p.m.

#### Friday-Sun

Make each day similar; establish a routine.

Morning cleanses:

tongue scrape, lemon water, neti wash, dry brush

7 - 8 am

#### **Gentle morning yoga class**

- Warm breakfast of cooked grain cereal with nut milk, spices and ginger tea.
- Self-massage and bath/shower
- Journaling
- Phone or Zoom visit with your physician

Lunch

(main meal of veggies, whole grains)

- Take a walk or other moderate exercise; in nature if possible
- Inspiring reading, yoga/meditation practices

Light dinner

7 - 8 pm

**Discussion/Q&A**

Fri: "Getting to Know Your Ayurvedic Constitution"

Sat: "Breathe, Relax, and Meditate"

Sun: "A Life of Balance"

Take Triphala capsules & be in bed by 10 p.m.

**Monday** (If able, give yourself one more day!)

- Warm breakfast of cooked grain cereal with almond milk and spices plus ginger tea.
- Self-massage and bath/shower
- Journal about your experience
- Wrap up session with your doctor

**Continue practices to support your health and well-being!**