

Green and Living Foods Cleanse

For Body~Mind~Spirit:

with Debbie Bennett and Elaina Geltner

You don't have to leave town to do a new year's cleanse this year! We have gathered all you need to succeed in letting go of the old and bringing in the new, right here in San Luis Obispo. If you aren't lucky enough to live here, we can help with

lodging, too. Sign up for the Complete Program** or just take part 1 to see if this is for you!

Offered 4 times each year; dates on website or call us!

Part 1: The Basics of Cleansing and Transformation 10-1

Getting ready: preparing body, mind, spirit, kitchen, calendar, support
Cleansing program outline and instruction.

Menu and Kitchen basics: sprouting, juicing, ingredients

Where do I get what I need? Products, services, food, equipment

Taking the Garbage Out:: Colon cleansing, detoxifying home spa treatments, self-massage, energy clearing techniques, aromatherapy.

Special guests: Local healing practitioners who will share their special tips and offer special services just for members of our group.

\$75 including Raw Foods Lunch

Part 2: Spa Day as we Kick-off the Cleanse 9:30-5

Juicing techniques, green drinks, sample menus.

Energy clearing and emotional releasing practices.

Receive a clearing/detoxing treatment with the Bio-Mat,
BioEnergetic foot detox, and/or aroma-hydrotherapy

Prepare food for the upcoming week.

Journaling and inspiration for your cleanse.

\$135 includes food and juice.

Pre-requisite: Part 1

Live~Green Cleanse Support for the week, included in complete program:

Midweek support gathering: Wednesday 12 noon meeting at QuietStar. Meet for lunch with like-minded souls to swap stories, laugh out loud and gear up for the rest of the week. (Bring your own lunch or reserve 48 hours in advance from Debbie for \$8.50).

Individual consultation: schedule with Debbie or Elaina (included in complete program)

Guided Meditation CD: Included in package or available for \$20 at QuietStar

Part 3: WrapUp: End of week: 10-1 We will come together to celebrate our success, integrate our changes and make plans for our next steps. More food and fun! Available only as part of complete program.

À la carte cleansing support sessions also available: energy clearing, colon hydrotherapy, massage, nutritional consultation. Contact us for special packages.

Elaina Geltner, director of QuietStar Center for Transformation, certified massage therapist, energy/vibrational healing practitioner and teacher has been helping people follow their dreams for over 25 years. Her fairly recent discovery of the benefits of living food to accelerate spiritual and personal growth has spawned a whole new flurry of events and learning at QuietStar. This fall, she attended the RawSpirit Fest in Sedona, where she learned from an international cast of chefs, speakers and researchers; and has been finding out first-hand about the challenges and rewards of embracing a Live Foods lifestyle.

Elaina@QuietStar.com (805) 458-7373

Debbie Bennett has a BS in Holistic Nutrition from Clayton College of Natural Health and teaches Vegan and Live/Raw food preparation classes in SLO and beyond. She is well-known for the delicious, amazing lunches she delivers in SLO through her catering service, Naked Food. Her personal path has included a radical change in dietary and lifestyle habits, including a shift to the wonders of living foods. She creates a nurturing and safe environment to explore the information and experience of transforming your life.

NakedFood@charter.net

(805) 550-2487

**Complete package only \$250: Parts 1, 2, 3, 1/2 hour consultation with Debbie or Elaina, midweek gathering, guided meditation CD.

Early registration discount (\$30) if paid in full 14 days in advance.

Pre-registration required! Save your space with a 50% deposit.

QuietStar Center for Transformation

Dates & Registration: at www.QuietStar.com/live.htm or (805) 783-2662
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