

Surround yourself with people dedicated to the fullest experience of Life in a place that welcomes discovery. Feel the freedom of a clear mind, body and spirit.

Elevate.

Restore.

Purify.

Rejuvenate.

**Our mission is to help those who are seeking a path to true wellness by giving them the tools to build a healthy daily routine, thus empowering them to sustain and enrich their lives.**

### At-Home Program

**If you are unable to stay with us in New Mexico you can still experience The Cleanse with our At-Home Program. We will ship to you a complete 10-Day Cleanse and provide support via telephone and email. You may order the At-Home program on-line through our website or by calling our toll free number.**

 Printed on recycled paper with non-toxic inks.

**THE**  
**Cleanse**

thecleanse.com info@thecleanse.com  
1-800-563-3327 505-747-3323 (same line, local)

Kartar, Deva, and their team of teachers and healers care for you during your stay.



**Kartar Singh Khalsa, D.O.M.** combines his expertise as a licensed Doctor of Oriental Medicine with his experience as a Kundalini Yoga Teacher Trainer. He practices herbology and acupuncture at the GRD Health

Center in New Mexico. Since 1995 Kartar Khalsa has guided over 3,000 people through The Cleanse, as well as participated in the program dozens of times himself.

Kartar possesses a personal passion for cleansing and wellness. His dynamic abilities as a healthcare professional and a compassionate teacher of yogic technology have been inspired by his spiritual teacher, Yogi Bhanan, Master of Kundalini Yoga. Dr. Kartar's mission in living and teaching these ancient yogic principles is to enable all people to lead a conscious and healthy life in harmony and peace on this planet.

**Deva Khalsa** grew up in Victoria, Canada, moving to Vancouver to earn her BA in Economics, certification in Hypnotherapy and Kundalini Yoga Teacher Training (1992). In 1996, she married Dr. Kartar, moved to Española, NM and began managing and preparing food for The Cleanse, a detox and rejuvenation program based on the lifestyle of Kundalini Yoga. In 2000 she discovered Raw Living Foods and has been incorporating them into The Cleanse. Deva leads Raw and Cooked Food Workshops in New Mexico where she resides with Dr. Kartar and their two sons. They facilitate monthly cleanses in New Mexico where people come from around the globe to do cleanses, yoga and Kundalini Yoga Teacher Training. Deva is known for her generosity, her joyful spirit and her passion for healthy food.

www.thecleanse.com

**THE**  
**Cleanse**

*In-residence Yoga & Cleansing Programs  
In Beautiful Northern New Mexico*

*You are born  
with the capability  
and desire to realize  
and access the Infinite  
Energy within you.*





**ur In-Residence Wellness Journeys** offer an environment of support as you rejuvenate your body, mind and spirit.

You will be surrounded by the mountains of Northern New Mexico and in a community dedicated to a lifestyle based on the technology of Kundalini Yoga.

You will experience a unique cleansing concept, combined with yoga and meditation, designed to help you achieve optimal wellness and integrate

new practices into your life.

Both beginners and long-time students of yoga and meditation will benefit from this opportunity to focus, restore and expand. This will

be your journey and we will provide as much, or as little, support as you need.

Every In-Residence Program will include The Cleanse.

The Cleanse is completely vegan (without animal or dairy products) and includes:

- A 2005 Edition 96 Page Manual that Details the Focus, Activities, Meals and Yoga for Each Day
- Ayurvedic, Chinese and Western Herbs
- Nutritional Supplements and Homeopathic Remedies
- A 2006 Edition 82 Page Recipe Book Specifically Tailored To Help You with Your Food Choices
- A Spice Pack Combination To Make Yogi Tea
- Dr. Kartar's Tooth Powder
- Celtic Sea Salt and 32 oz. Water Bottle
- Yogi Tea® Peach Detox, Bedtime and Licorice Teas



## In-Residence Wellness Journeys

**Since each person's journey is unique, we tailor your stay based on your goals, time and budget. Here are some examples.**

### The Complete Ten Day Stay

- The Cleanse 10-day Program
- Accommodations for 11 Nights
- Group Kundalini Yoga Classes Daily
- Consciously Prepared Organic Meals Daily
- All Cleansing Beverages for the Program, Including Organic Fruits and Vegetables Freshly Juiced Daily On Premises, Master Cleanser, and Liver Flush
- Nutritional Guidance
- Acupuncture Treatments
- Massage Therapy

### The Rejuvenation Week

- The Cleanse 7-day Program
- Accommodations for 8 Nights
- Group Kundalini Yoga Classes Daily
- Consciously Prepared Organic Meals Daily
- All Cleansing Beverages for the Program, Including Organic Fruits And Vegetables Freshly Juiced Daily On Premises, Master Cleanser, and Liver Flush

### The Self-Sufficient Stay

- The Cleanse 10-day Program
- Accommodations for 11 Nights
- Group Kundalini Yoga Classes Daily

You will purchase and prepare your own meals and juices. Refrigerator and kitchen space can be provided.

*This option is designed for more experienced yoga students who require minimal support.*

*Work exchange opportunities are available.*

Our staff of healers can provide:

- Private Yoga Classes
- Massage Therapy
- Facial And Other Personal Care Treatments
- Hydrotherapy (Colonics)
- Acupuncture And Herbal Therapy
- Chiropractic
- Western Medical Care
- Numerology
- Psychotherapy And Counseling
- 30-day Follow-up Program

## Raw Living Foods Option

You may choose to have your cleanse meals to be Raw Living Foods: uncooked, vegan, organic, easy to digest, and rich in enzymes. This includes sprouts, vegetables, fruits, nuts, fermented preparations, dehydrated snacks and delicious desserts.

## Accommodations

You will be provided a private room with a shared bath in a home in our community, Hacienda de Guru Ram Das Ashram. A private inn may be rented for an additional fee. Hacienda de Guru Ram Das is an intentional community of Kundalini Yoga practitioners and healers committed to creating an environment based on the teachings of Yogi Bhanan, Master of Kundalini Yoga.

*"The Cleanse changed my life forever. I truly immersed myself in the yoga, the exercise, and the wonderful, healthy food. I learned so much and I have taken that home and incorporated it into my family's diet."*

Debbie B. - Texas

## FEE SCHEDULE

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Every Program includes The Cleanse,  
our revolutionary cleansing regimen.

The Complete Ten Day Stay .....\$2441  
add \$448 for daily private yoga instruction

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The Rejuvenation Week.....\$1341  
add \$275 for daily private yoga instruction

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The Self-Sufficient Stay.....\$859  
This option is designed for those who require  
minimal support. Work exchange is available  
for meals.

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The At-Home Program.....\$325 <sup>+shipping</sup>  
A complete 10-Day Cleanse with support  
provided via telephone and email.

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all prices exclue travel costs and state taxes

A 40-Day Total Rejuvenation Package is also available,  
as well as other programs. We will be happy to design  
an individualized program based on your needs, time  
allowance and budget. Call us to discuss how we can  
customize a residential program for you.

One-hour, individual telephone consultations  
with Dr. Kartar are \$108 or just \$75  
following an At-Home Program.

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THE **Cleanse**

For group cleanse dates, see website.