



May 21, 2008

Thank you for inquiring about our medical program at The Cleanse of Santa Fe and GRD Health Center. This specific medical based program is forty days of yoga, cleansing and rejuvenation specifically designed for individuals seeking an integrative healing intensive that is alternative to allopathic care. We are situated in the Rio Grande Valley of northern New Mexico, in between Taos and Santa Fe. It is a dry environment at an altitude of 5500 feet.

We are a multi-disciplinary synergistic center that approaches health from many angles. We create complete and thorough individualized healing programs for a variety of health problems. Our staff represents both Eastern and Western medicine with Doctors and professionals trained in: Oriental Medicine, Internal Medicine, Acupuncture, Chiropractic, Psychology, Colon Therapy, Massage, Reflexology, Numerology, Raw Live Food Preparation, Massage, Neuro Modulation Therapy, Kundalini Yoga and meditation.

We facilitate journeys of self-healing and rejuvenation that work to strengthen, purify and merge the body, mind, emotions and spirit. Changes begin with the internal body; a food program consisting of consciously eating only fresh whole foods and juices that tone, restore and re-balance the physical body at a cellular level. For a period of 10 days a specific cleansing diet will be administered, which combines Ayurvedic herbs, Chinese herbs, Homeopathic tinctures, nutritional supplements and an alkaline diet. A 30 day follow-up program is utilized with specific dietary restrictions and specific herbs and supplements to continue the process of cleansing and detoxing.

Kundalini Yoga classes are provided daily to strengthen the physical body and nervous system. Kundalini Yoga helps one's mind, spirit and emotions integrate the changes occurring in the body. Kundalini Yoga is called the "Yoga of Awareness," and enables one to become more aware and awake to life facilitating self discovery.

Candidates will be evaluated for the individual programs prior to acceptance. We require a thorough intake form and may require homework that may include but not be limited to specific juices, foods, diets, supplements or herbs, specific yoga sets and meditations. We require a phone or

personal interview prior to acceptance into this unique program and in some cases we may request past medical records.

The staff of The Cleanse of Santa Fe and the GRD Health Center will work together to support the patient through their changes. Treatments of diverse healing techniques are designed to work together to deepen the experience. The combination of diet, exercise, Kundalini Yoga, meditation, and personalized healing treatments thoroughly revitalize the body and its life energy (prana) thus providing an opportunity for a deeper relationship with self. When we live while expressing our true self, we are able to experience joy and happiness in our life. All of our programs are designed to equip individuals with tools that help to self empower the individual as they rise to the challenges that life presents.

At this time our program does not treat patients with severe psychiatric conditions. We are not an in-house facility. If someone requires constant supervision he/she will not be an appropriate candidate for our program. In addition we are not a 'Detox Center' however, we do take candidates on an individual basis as long as they have been clean for 14 days prior.

Please call us if with your questions and/or to schedule a personal interview.

Thank you,

Kartar Singh Khalsa, Doctor of Oriental Medicine
Director of Services

Deva Kaur Khalsa
Program Administrator

Daily Schedule

This is a general schedule.

Sadhana in the Temple (recommended/optional)	4:00 – 6:00am
Private Yoga Classes	7:00 – 8:30am
Fresh Juices and fruit	8:30 - 9:30am
Group Yoga Class Saturday	12pm-1:15pm
Group Yoga Class on Sunday	8:30 - 10:00am
Treatments	9:30 – 12:30pm
Lunch	12:30 – 1:30pm
Rest/Treatments alternate daily	1:30 – 5:30pm
Consultations, Psychologist, Counseling	
Acupuncture, Chiropractics, Massage, Colonics	
Group Yoga Classes (Mon, Tue & Thurs)	6:30 – 7:45pm
Group Yoga Classes (Wed)	6:00 – 7:15pm
Evening Meditation and to bed around 9pm	

Free – Time Activities

Walking Distance:

- Vegetarian Cooking Classes when available
- ~ 6 cinema theater
- ~ Hiking

We recommend that most individuals have a car to facilitate getting to appointments and classes.

- ~ Hot springs (35 minute drive to Ojo Caliente) or 20 min to Santa Fe
- ~ Southwestern Shopping (25 minute drive to Santa Fe or 40 minutes to Taos)
- ~ Santa Fe Flea Market (20 minute drive)

List of Doctors and Instructors

Kartar Singh Khalsa, Doctor of Oriental Medicine, Program Facilitator, Acupuncture
Guruchander Singh Khalsa, Doctor of Chiropractics, Numerology
Deva Kaur Khalsa, Cleanse and Yoga Center Manager, Chef, Program Director
Devi Dyal Kaur, Residential Care Manager, Counselor, Yoga Teacher
Shanti Shanti Kaur Khalsa, PhD, Psychologist
Gurucharan Singh Khalsa, PhD, Psychologist
Kirn Kaur Khalsa, Wholistic Health & Energy Medicine Practitioner, Yogic Counselor
Private Kundalini Yoga Teachers: Gurumeet Kaur, Sat Purkh Kaur, Deva Kaur, Devi Dyal Kaur, Kirn Kaur, Dr. Kartar Singh, Sat Purkh Kaur
Colon Therapist: Sorrel Page
Neuro Modulation Therapy: Satya Kaur
Massage Therapists: Gurubhai Khalsa, Melaney Flaniken, Sat Kartar Kaur
Lymph Drainage Therapy: Faith Almasi
Facial Rejuvenation: Bir Kaur Khalsa

Any of these doctors or instructors may be changed due to travel and teaching schedules.

ACCOMODATIONS

Hacienda de Guru Ram Das Ashram is a residential community of Kundalini Yoga practioners and healers, some of whom have lived and worked together for over 35 years. Most of our community live in homes nearby the ashram within a 5 mile radius. The accomodations for our programs are casitas (guesthouse with private bath) upon availability or private rooms with shared bath in community

members' houses. First class hotel accommodations are available nearby. Together we are committed to creating a hospitable environment for upholding the teachings of Yogi Bhajan, the Master of Kundalini Yoga.

An ashram is an intentional community of individuals and families who share a common spiritual discipline and who have made a conscious commitment to live together as a cohesive social unit. Members of the community agree to abide by certain lifestyle guidelines to maintain the spiritual vibration of the community.

YOGI BHAJAN

Yogi Bhajan was the Master of Kundalini Yoga and held a position of distinction in the Sikh religion. His title was Siri Singh Sahib and he served as the chief administrative authority for Sikhs in the Western Hemisphere until he passed in October 2004. Having finished his mission on Earth, we hope that we can pass his legacy of Kundalini Yoga, meditation and Humanology on to you with as much clarity as it was given to us.

Many of the people who live in this ashram practice both Kundalini Yoga and the Sikh spiritual discipline. The Sikh discipline shares the technology of Kundalini Yoga. Sikhs grow their hair and cover their heads.

Our Medical Based 40 Day Program

Includes:

- The Cleanse 10 day program
- Rejuvenation Continuation Program for 30 days based on your personal needs
- Acupuncture two – three times weekly as needed
- Medical doctor two visits
- Chiropractics twice weekly
- Numerology one - one hour session
- Psychology once weekly
- Neuro Modulation Therapy once weekly
- Yogic counselor once weekly
- Massage twice weekly
- Colonics once weekly
- All organic meals consciously prepared
- Daily morning juices consisting of one quart of fresh juice, the master cleanse, the liver flush (3 days), cold yogi tea, wheat grass or Kombucha.
- Private Kundalini Yoga classes at 7am daily Monday through Saturday
- Group Kundalini Yoga classes daily except Friday
- 41 nights accommodation

The Cleanse of Santa Fe is a broad-range facility offering programs ranging from our most simple and affordable “at-home 7 day correspondence program”, our 10-day Wellness Journey, to our most extensive 40-day addiction and substance abuse recovery program. Prices start at \$225 for the at-home program and can go as high as \$30 - \$40,000, depending on the specifics of your needed program, length of stay and the extensiveness of the condition. For more information on costs, please contact us directly at info@thecleanse.com 800-563-3327

Testimonials

1) My hope is that anyone dealing with health concerns, addiction, depression, PTSD or any other mental health condition finds his/her way to the residential treatment program at The Cleanse. After months spent at different treatment centers around the country, I know The Cleanse offers the most well-rounded, comprehensive, holistic approach to healing available. With diet, cleansing, yoga, and a variety of therapies, The Cleanse addresses every aspect of the individual - physical, mental, and spiritual.

The Cleanse's approach to treatment promotes rapid, sustainable change like no other program I have encountered.

And on top of it, their team of healers is not only highly qualified but also compassionate and uniquely dedicated to uplifting, energizing, and calling in the best in each individual. For anyone who truly desires and is ready to change his/her life, the Cleanse is unprecedented in its ability to provide powerful tools and support in an incredibly loving, uplifting, profoundly life-altering program. In my opinion, the Cleanse has created the template for the new paradigm in treatment for everything from physical issues to addictions, trauma, and a variety of mental/emotional/spiritual conditions.

Sat Nam,

JJ, Indianapolis, Indiana, April 2008

Attended medical based Cleanse program Jan. 2007

2) My story as an addict and the events leading up to my years of using are not unusual. My release from the seemingly unrelenting grip and all too deep hook of heroin addiction (as well as a litany of other drugs) is pretty remarkable from the conventional perspective of treatments centers and the 10 step programs. To me, however, it was not totally miraculous, all though the process was powerful enough to be called a miracle. I have been clean now for nearly two years, and have had an accelerated recovery based primarily on my new habits and how they work into the consciousness. I have accelerated my career way passed where it was before, serve a community, have been married now for over 7 months, healed the wounds I inflicted on my family (trust has been earned and continues to be needed to be earned), and most importantly to be able to have all of this, I have found a way to find peace, calmness, happiness, energy, and motivation from within myself unlike previously were I was on a constant search outside of myself.

The story leading to me depending on drugs is a fairly normal one. A difficult and somewhat traumatic childhood of divorced parents, feelings of not belonging based on my parents choice of religion and not being around the same types, single parent raised and the odd adoption of household roles I took on from being raised in a single parent home, and the subsequent search for ways to feel comfortable and at home socially. Late in adolescence I found that drugs and the social groups using them made me feel comfortable and a part of something and the idea that drugs work and buried very deeply and strongly in all the layers of my consciousness. The negative learned behavior parlayed itself into a powerful addiction to narcotics after the death of my mother in 2001 from a painful and long bout of cancer. At this point my past reasons to turning to drugs didn't matter, the habit had developed and the hook was laid deep. I was a heroin addict. I tried to cope the best I could with a job, a rent to pay, a car to take care of, and that was it; just living it day to day.

On April 17, 2003, I check in to Sierra Tucson (a \$1000 a day resort style allopathic medical residential treatment program based on the 10 steps) for what was going to be a 28 day stay. I stayed a little while longer; I guess I was a tough case. There we ate high grade hospital food, received top notch psychological therapy, learned about the ten steps, and wrote aftercare plans. My plan included a three month stay in Florida for aftercare at another similar, but not inpatient treatment center. There we rigorously got into the 10 steps with AA or NA meetings daily, found sponsors, worked the steps, drank lots of coffee, smokes lots of cigarettes and were told that what we needed was a spiritual program. I said, "sure, but I don't know how to do that, do you?" and the room of the 10 steps unanimously and in unison chimed back, "well, you work the steps." My cynical mind got worked up and I was in narcotic withdrawal again by New Years Eve 2003.

All the counseling, group therapy, step work, and education on the disease process didn't mean a thing to me; I never learned any real new habits to find the true me, the true happiness, the

real good feelings inside of me that is apart of everything else, too. I subsequently flounder for two and a half years more with periods of state sponsored narcotic maintenance, shooting up, spending my inheritance on living and drugs; just spinning my wheels.

The summer of 2006 I really became ready to stop, but didn't want what I already did for treatment. I didn't like the ideas of institutional treatment, I didn't want the drug heavy mentality of the 10 steps (I'm an addict/alcoholic mantra and constant drug talk). I wanted something a little more real life integrative. I definitely like some of the ideas of conventional treatment like proper nutrition, exercise, the power of a community, etc., but I wanted the next step, too.

I came to the Cleanse on July 24, 2006. I first met with Dr. Kartar and Deva, as well as a group of men with whom I was to stay, on the floor of their Yoga Studio on a Sunday afternoon. They were very open and neutral, but also very confident in their program; I felt supported and challenged at the same time. I started the Cleanse supplement kit, the yoga, the meditations, the diet, exercise program that night and the next day. I entered the program one week off a \$80-\$100 a day heroin habit and started sleeping soundly the second night, having an appetite again (and really enjoying the healthy food) right away. I found a lot of satisfaction and time to think things through in the volunteer work I was doing for the ashram there. The acupuncture treatments with Dr. Kartar were more than just needle treatment; he provided the right amount of support and a direct, challenging counseling approach that helped me do it for me. There was so much involved in the program that it is actually hard to recall it all. But it was a true holistic treatment; not in the alternative medicine terminology, but in the fact that I wasn't given anything. I was provided the opportunity to work hard and the support to make my work fruitful and most importantly the techniques to transport me from hard work to lasting results.

These techniques of healthy diet, exercise, community involvement, and most importantly a daily practice of yoga and meditation changed me to the deepest levels. Instead of being dependent on the outside world and the consumption of things (drugs, food, relationships, etc.) for happiness I found I could feel really good and stable by just going inside myself for a while. It was nothing weird or foo-foo new-agey junk, but a real set of techniques that provided me with a real ability to change myself and my habits to what I knew best served me.

I now have choice in my attitude everyday. I no longer chase feeling away or try to hold on to them. There is a constant backbone feeling I have of solidity. Sure life happens, there are a lot of stressors and insanity in the world, but I have gained a lot of skills to stay centered. These are the real spiritual principles I have learned. To stay centered, to stay open, to be honest, and to stay connected to the other people in my life and community. The Cleanse taught me how to achieve a lifestyle of habits that keeps these ideals in everyday practice and the results are real, fast, and permanent. There are no holes or gaps to fill on the inside; in fact it is the other way around, there is light and substance pouring into the world from inside of me.

SNK, Albuquerque, NM, May 2008

Attended Cleanse addiction recovery program July 2006

3) I have been meaning to contact you ever since I graduated from Acupuncture School. I am currently practicing in New York City. I would never have even started on this path of becoming a healer if I had not spent those 41 days with the both of you back in 2000. Thank you so much for that experience. I am a better person now because of the issues I resolved and changes I went through under your care. I still practice Kundalini Yoga regularly, a practice I would rather not do without.

AvH, New York, May 11, 2008

Attended medical based Cleanse program May 2000