

This 5-day intensive is an invitation to cleanse and purify through our multi-dimensional selves. At the core of this experience is the notion that “**food is thy medicine**” and everyone is uniquely qualified to be their own health guide. Movement, mindfulness, food and fun allow us to open into **expansiveness and explore**. Kundalini and inter-disciplinary yoga, Qigong, meditation, ecstatic dance, nutrition discussions, healthy cooking strategies, yogic herbal therapy and mindful eating practices are part of this **transformative cleanse journey**.

*** Participants will receive a complimentary ticket to the Saturday night performance, *Winged Heart Songs* with Steven Michael Pague.

April 22 - 27, 2014 · \$495

The Robust Vitality Cleanse:

Nourishing Vitality & Consciousness

Register or visit <http://oms-cleanse-042214.eventbrite.com>
For more information, contact OM Sanctuary



Shivanter Singh (John Barczak) is a foodservice professional with over 40 years' experience, focusing primarily on **Healthy Food Strategies**. Shivanter served for many years as Food Works General Manager at **Omega Institute for Holistic Studies**, has owned several successful restaurants in Miami, and was an integral part in launching **Blue Spirit Retreat Center** in Nosara, Costa Rica. He is currently in partnership with a **raw food** business in Nosara, Naked Foods Costa Rica and Jungle Juices. **Shivanter holds numerous certifications including:** Kundalini Yoga Teacher, inter-disciplinary yoga teacher and ESL instructor. Shivanter's latest venture is www.Conscious-Strategies.com with business partner and co-teacher, Julian DeVoe.



Quick with a smile, a boisterous laugh and a light heart, Julian DeVoe is an advocate for consciousness, bliss and thriving health. With more than a decade of yoga practice in a variety of disciplines, his interdisciplinary approach is tailored to the participants. An international instructor, Julian specializes in a variety of purification practices for the body, mindfulness techniques to sharpen self-awareness and spiritual ascension. He works as a Cranio-Sacral Therapy facilitator, Vedic Thai Yoga therapist and energetic healer.



828.252.7313

www.omsanctuary.org
info@omsanctuary.org

87 Richmond Hill Drive
Asheville, NC 28806