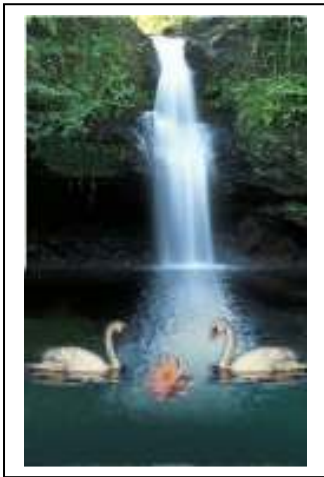


The 14 day Ayurvedic Total Life Cleanse

Beginning: June 1st 2008



What is the Total Life Cleanse?

TLC is an exclusive and one of a kind Ayurvedic program offered only in Boston and Dallas. Since 1995 over 2000 people have made dramatic improvements in their lives and health through participation in the Total Life Cleanse program. TLC is a doctor lead, group supported, integrated cleansing and rejuvenating program. It empowers participants to make long term lifestyle and dietary changes. TLC is a modernized version of the world renowned Panchakarma detoxification sequence which originated in India around 4,000 years ago. More than just another diet, juice fast, fat flush, bowel purge or cleanse in a box TLC integrates the latest breakthroughs in nutrition, mind body medicine ,toxicology with the ancient wisdom of Ayurveda and Chinese Medicine. Knowledge, skills and experiences gained in the TLC process become lifelong tools to combat the stressors that assault us daily. No fasting, no deprivation and no depleting detoxification methods are used in this gentle program.

Course Specifics: TLC includes 3 informative group sessions, a 1hr individual evaluation & examination with Dr. Gregg, a personal cleanse manual, key supplements and herbs. Dr. Gregg is a doctor of chiropractic, an ayurvedic practitioner, a certified acupuncturist and co-creator of the Total Life Cleanse. See more info at www.TotalLifeCleanse.Com



Meeting Dates: The foundational class will be on Sunday June 1st - 9 AM to 4PM, Follow up class will be Sunday June 8th - 9 AM to 12 PM and Sunday June 22nd 11 AM to 1PM

Class Details: All classes will be held at Pranaa Ayurveda Spa & Yoga, 4017 Preston road suite 532, Plano TX – 75093

Cost: \$325 if paid by May 27th, \$375 after May 27th

Registration: Call Pranaa at 972-608-0402 or send an email to info@pranaa.com. Make checks payable to Pranaa. For questions on the program contact Dr.Gregg @ 972-529-4484 & K7Gregg@aol.com

Name: _____ Credit Card # _____ EXP _____

Email: _____ Address: _____

Phone: _____ Authorization Signature: _____

Circle amount: _____ Early registration: \$325 Late registration: \$375

Any cancellations made less than 72 hours prior to start of the workshop forfeits your full registration payment.



4017 Preston Road, Suite 532
Plano, TX – 75093
972-608-0402
www.pranaa.com