



Siddhi's YOGI CLEANSE

THE YOGI CLEANSE

Vacation from Poor Food Choices, an Opportunity to Feel Vibrantly Alive

Not a day goes by where we don't confront, in some form, the connection between over-eating and ill health. We hear about the fallout from the staggering rise of type 2 diabetes, obesity, and the news about the daunting task of building a health care system to take care of us all. And now we have our flu scares, be they swine or avian: it makes one want to run for cover and comfort, and ironically, it is often in the form of seeking solace in yet more food. And, it usually isn't a carrot we reach for.

For over 10 years, Siddhi Ellinghoven has been successfully leading The Yogi Cleanse in Santa Barbara, California and abroad. She teaches people to consciously and joyfully nourish themselves. We take ourselves on vacation to say, the shores of a white sandy beach, or a cabin lakeside—or perhaps, in this economy, a “stay-cation”—the goal being rest and renewal, but too often that rested post-holiday feeling dissipates shortly after we sit down at our desks. And as that over-taxed state starts to get too much, if we have the luxury, we start planning our next vacation. But what about our tirelessly hard-working organs, when do they get a break? A Daiquiri by the pool is not what our livers (or kidneys, or lymphatic systems) are begging for, but they too need a rest. A detoxifying cleanse is a vacation for your body, mind, and soul.

Siddhi, a KRI Certified instructor, leads with a style that is warm and full of joyful levity. Her cleanse is a balanced process of detoxification through organic, alive foods, gentle fasting, Kundalini yoga, and mantra and mudra application. Over the course of seven days the cleanse participant tonifies and strengthens not only their organ, glandular, and immune systems, but also releases a storehouse of energy that is usually spent digesting. A cleanse has the potential to help one feel more productive, creative, and open. It has the power to eliminate old patterns and purify the body, and to facilitate people in addressing food issues. And while the ultimate goal is not to lose weight or have your skin rosy and glowing—it sure is a nice by-product of “cleaning house.”

In a culture where the media and product pushers would have us find new things to loathe about ourselves, and thus sell a product to “fix” it, it is rare to find an opportunity that seeks to engender self-love, and The Yogi Cleanse is such an opportunity: a lasting and true gift to ourselves.

If you would like more information about this topic, or to schedule an interview with Siddhi Ellinghoven, visit her website at: Siddhi@Siddhisyoga.com or call her at (805) 280-9779 or e-mail Siddhi at rsiddhi@aol.com