



Greetings Kripalu bound yogis and yoginis.

I'm very much looking forward to our weekend together at Kripalu: Kula Flow: Vinyasa for Strength, Detoxification, and Levitation. The primary focus of this workshop is abdominal toning, cleansing and exploration – in a Kula Flow context. As you know, we will be eating primarily from the Buddha Bar to keep our digestive systems running as efficiently as possible. It would greatly enhance your experience of the weekend if you would prepare for our work together by doing a mini cleanse for the 5-7 days preceding the workshop.

#### DIETARY SUGGESTIONS:

If you are an experience 'cleanser', you may follow any basic or more rigorous cleanse you choose. If you are new to cleansing, please do your best to follow the following guidelines. Come on – it's just a week!:

- Limit, or even better yet eliminate, caffeine consumption. (I realize this can be difficult if you are a hard core coffee drinker, but if this is the case, and you can't face suffering the headaches, do your best to ramp down to only one cup a day.) Green tea in moderation is fine.
- No alcohol.
- No refined sugar or flour.
- Limit your diet to whole foods. Grains, beans, legumes, vegetables, sea vegetables, miso and other fermented soy products, and fruits are best. (In general, I recommend eating fruit separately from other foods – wait at least 30 mins after eating fruit before eating other foods and wait a few hours after eating other foods before eating fruit.) Fermented milk products are fine (kefir preferably but yogurt is OK too), but limit your intake of other dairy products. A SMALL amount of local fish or grass fed meat or poultry is OK, but it would be preferable to stay away from animal protein entirely.
- Avoid all processed foods. (In other words, avoid anything that has a shelf life – except grains and legumes of course.)
- Thursday and Friday eat only grains (rice, quinoa, millet, etc), steamed vegetables, miso soup, sea vegetables, and fresh vegetable juices (a little fruit for taste allowed).

Remember that you have to make this doable for you... it is better to 'cheat' a little rather than scrapping the whole endeavor because it seems to onerous. If you eat this way for a

week (and maybe you do already!) you may find that you feel so good that you change your eating habits indefinitely!

Remember that you need to make this week of preparation fit YOUR life. Don't stress about it... but do what you CAN to get yourself ready for our weekend of navel gazing.

NOTE: I realize that this retreat falls over Passover which may complicate some of the dietary suggestions. You are encouraged to modify the cleanse to accommodate the holiday, my only suggestion is to make your diet simple and as clean as possible. And you are most welcome to contact me with any questions.

#### ADDITIONAL PREPARATION:

- THE BELLY ROLL. This is one of my favorite tools to facilitate digestion, elimination and general abdominal health.

1) Fold a yoga blanket – or a large towel or dense blanket - into an accordion fold 6 to 8 times so that it makes a flat bolster approximately 3 inches wide and 2 inches thick, the length doesn't matter. (An accordion fold is a zig zag fold which will produce the flattest, least bumpy surface.)

2) Roll one end of this long skinny bolster into a ball around the size of a grapefruit.

3) Lie down on that ball, so that it is pressing into your lower abdomen, right between your pubic bone and your belly button. (The 'tail' of your bolster should be under your chest and head, not down your legs.)

4) Relax here for as long as you can... at least 5 minutes. Breathe. Rock from side to side a little. It may be a little intense, that's OK. You can play with the size of the ball and the exact placement of the ball, but make sure nothing is acutely painful. This is best practiced first thing in the morning, and at least after any meals are well digested.

- Do some core strengthening work every day. Any yoga or pilates inspired abdominal work will do, though we will discuss the limitation of the traditional gym inspired 'crunch' at Kripalu!

- Finally, if you are able to fit in at least 45 mins (better yet an hour and a half) per day to do some kind of yoga practice, you will feel much more prepared for our weekend together.

Don't hesitate to contact me if you have any questions.

Peace and belly love,  
Schuyler

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