



# NOURISHING CLEANSE EXPERIENCE

for patients of ANY provider  
at One Sky Wellness Associates!

## COMMUNITY FOCUSED DETOXIFICATION PROGRAM

Can you remember the last time you felt REALLY WELL? Why not give your body the well-earned vacation it deserves: a nourishing cleanse! This cleanse program was specifically designed to promote a healthy, safe detoxification using whole foods, hydrotherapy, movement, meditation and empowering education. Our goal is to facilitate a well-supported atmosphere of community focused on awareness and prevention. If you have any questions, feel free to ask any staff member/physician at One Sky because we all did this cleanse together in May of 2009!

- ❖ **4 NUTRITION/PREVENTATIVE MEDICINE CLASSES:** 2 hour classes taught by Dr. Tara Shelby & Dr. Josh Leahy with a host of special guest lecturers, including specific elimination diet information, preventative medicine education, and more... ending with a ½ hr instruction and meditation session from One Sky Wellness Associates Karen Stocker and Dr. Christine Adams! **LEARN & RELAX.** Enrollment in the class allows you special access to our detoxification physical medicine treatments, yoga and emotional detoxification classes that are offered in addition.
  - Cost for Entry into Program, Nutrition/Preventative Medicine Classes, detoxification kit including supplements, cookbook and more: \$249.00
  - Tuesdays: from 7-9pm January 5th, 12th, 19th 26th
  
- ❖ **PHYSICAL MEDICINE TREATMENTS:** (your insurance plan may reimburse for these treatments) include a constitutional hydrotherapy, acupuncture and optional therapeutic injection of glutathione, all in one relaxing spa-like hour! We ask that you attend two physical medicine sessions/week to promote proper detoxification during the cleanse!
  - Kat, our biller extraordinaire, will contact you to go over your insurance coverage for these treatments once you fill out registration for the class to err on the side of caution and be very clear about your coverage
  - Cost if not covered by insurance, or if paying out of pocket: \$100 per treatment

Monday 5-7pm with 70 minute treatments	Wednesday 5-8pm with 70 minute treatments	Thursday 5-7pm with 70 minute treatments	Saturday 12-3pm with 70 minute treatments
January 11 <sup>th</sup>	January 13 <sup>th</sup>	January 14 <sup>th</sup>	January 16 <sup>th</sup>
January 18 <sup>th</sup>	January 20 <sup>th</sup>	January 21 <sup>st</sup>	January 23 <sup>rd</sup>
January 25 <sup>th</sup>	January 27 <sup>th</sup>	January 28 <sup>th</sup>	January 30 <sup>th</sup>
February 1 <sup>st</sup>	February 3 <sup>rd</sup>	February 4 <sup>th</sup>	February 5 <sup>th</sup>



- ❖ We are also offering supplemental services—Detox Yoga and Emotional Detox Therapy to take your detoxification to the next level. The fee for these services is additional and not reimbursable by insurance. If you are not able to participate in the yoga or emotional detox programs or if you already have membership to a gym, yoga studio or other exercise routine, please e-mail Dr. Shelby once registered in the class to learn how you can best utilize your current routine to support detoxification.

- DETOX YOGA: 12 CLASSES: An invigorating 90 minute yoga sequence to stimulate all of the body's pathways of elimination and relieve stress. Beginners and continuing yoga students are welcome. Instructor: Suzanne Teachey, RYT. All Classes are at Seattle Healing Arts Center!

- Offered: Monday, Wednesday and Friday mornings from 6:30-8am

Monday 6:30-8am	Wednesday 6:30-8am	Friday 6:30-8am
January 11 <sup>th</sup>	January 13 <sup>th</sup>	January 5
January 18 <sup>th</sup>	January 20 <sup>th</sup>	January 22 <sup>nd</sup>
January 25 <sup>th</sup>	January 27 <sup>th</sup>	January 29 <sup>th</sup>
February 1 <sup>st</sup>	February 3 <sup>rd</sup>	February 5 <sup>th</sup>

- EMOTIONAL DETOX COMMUNITY THERAPY POTLUCKS - 2 SESSIONS: 3 hr sessions/potlucks lead by One Sky's therapist extraordinaire Karen Stocker at Seattle Healing Arts building!

- This event is a special program designed to facilitate transformation of toxic thoughts and practices in our life while enjoying a delicious brunch

Sunday January 17 <sup>th</sup> from 10:30am-1:30 pm
Sunday January 31 <sup>st</sup> from 10:30am-1:30 pm

- Additional Costs for Yoga and Emotional Detox programs:

- Yoga:
    - \$120 for 12 classes in 4 weeks
    - \$80 for 8 classes in 4 weeks
  - Emotional Detoxification Sessions:
    - 2 sessions for \$60

### **Total Cost for Cleanse Program**

- Cleanse Package: \$249 for classes and detox kit + phys med treatments (insurance dependent)
- Super Package: \$249 for classes, detox kit, \$80 for 8 yoga classes, \$60 for Emotional Detox Sessions + physical medicine treatments (insurance dependent)
- Super-Duper Package: \$249 for classes, detox kit, \$120 for 12 yoga classes, \$60 for Emotional Detoxification sessions + physical medicine treatments (insurance dependent)