

# HEIGHTEN YOUR EXPERIENCE WITH ADD ON TREATMENTS:

# awaken APPALACHIA

## **COLON CLEANSE (\$33)**

This kit contains everything you will need to cleanse the colon gently yet effectively. One enema bag, sterile supplies, and easy to follow instructions. This is a highly recommended add on for all levels of experience. Water, coffee, or garlic solutions are available and can be recommended based on current health issues to target the colon, liver, or systemic issues.

## **TURMERIC & GINGER PACKS (\$13/PACK)**

Used for thousands of years for relief of numerous ailments, these body packs can reduce inflammation, reduce pain, and even help release negative energies from inside the body. If you suffer from aches and pains or wish to detox certain specific areas, this is for you and can be custom made with added available herbal remedies.

## **MASSAGE ( 1 HOUR TABLE ) (\$70)**

Take your cleanse to the next level by scheduling a session with our in-house massage therapist. We have specially designed a deep tissue massage for optimal release of toxins and free radicals from the body during your detox. Make sure to book this one upfront as it tends to fill up quickly.

## **PERSONAL COACHING BY YOGESH (\$33)**

First time cleansing? Want a little more hands on guidance through it all ? Need to have a personal breakthrough that finally clicks your new lifestyle into place? This 45 minute coaching session is just for you. Feel more comfortable and confident on your cleanse while learning the best ways to adapt and integrate holistically and socially.

## **FOOD & ALLERGEN TESTING WITH CHIROPRACTIC ALIGNMENT BY DR. ALEX ISAENKO (\$120 PLUS OPTIONAL RECOMMENDED SUPPLEMENT COST)**

Dr. Alex is a Chiropractor and Kinesiologist with the ability to noninvasively test you for all food allergies, food related health issues, and environmental allergens. In this selection Dr. Alex will align the spine and clear any blockages that are in the way of harnessing optimal life force energy. You will be non invasively strength tested, and recommended a holistic regiment for success by Dr. Alex. Making sure to follow this regiment daily could increase your overall health to unbound limits. Recommended for guests with chronic pain or stiffness. Also great for athletes, yogi's, desk workers, drivers, people suffering from gluten or food intolerances and undefined health issues as well.

## **ENERGY HEALING (\$60)**

Heal from past life trauma, physical trauma, or have an emotional breakthrough with licensed practitioner and energy healer alison moser. Energetic Balance is a great tool for success in any fast or cleanse, this option comes highly recommended.

## **PERSONAL YOGA CONSULTATION (\$33)**

Briana will consult with you in all of your personal yoga needs. New to yoga? Don't be afraid to get this package, it might just be exactly what you need to jump start your new practice. Experienced Yogi? Briana is a highly experienced teacher and can consult even the most advanced levels, don't let this fill up.

## **IONIC FOOT DETOX (\$33)**

Rest deeply overnight while your body releases thousands upon thousands of accumulated toxins through the feet . Highly recommended for meat eaters, cigarette smokers, alcohol drinkers, dairy consumers, people who are exposed to chemical based products including but not limited to, beauty products, soaps and deodorants, petroleum based products, plastics, and industrial manufacturing materials.



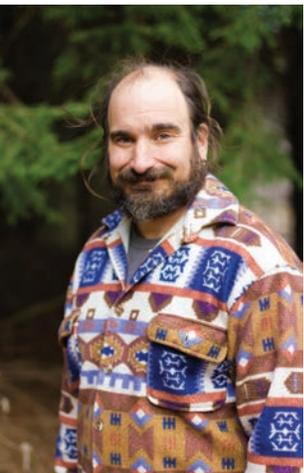
**YOGESH ANANDA, Host & Juice Fasting Coach**

Yogesh is a certified juice fasting coach and has lead hundreds of people on his personally curated juice cleansing program as well as created personalized detox programs for clients suffering from chronic emotionalism, food addiction, and illnesses. Being the owner of a cold pressed juicery he has dedicated his life to scientifically pressing the most nutrient dense juice on the planet and facilitating an optimal level of health and happiness in the lives of his family and others.



**DR. ALEX ISAENKO, Chiropractitioner/ Kinesiologist**

Dr. Alex utilizes applied kinesiology in order to treat the whole patient. Applied kinesiology is a graduate specialty in chiropractic and other branches of medicine. Applied kinesiology means "observing and treating the body in motion". The definition is: "A system which evaluates our structural, chemical, and mental aspects. It employs muscle testing with other standard methods of diagnosis. Nutrition, manipulation, diet, acupuncture, exercise, and education are used therapeutically to help restore balance and maintain well being throughout life."



**CHRISTIAN LANNIE, Massage Therapist**

Christian is skilled in swedish, deep tissue, cupping, hydrotherapy, & accupressure massage. *"have you noticed that everything an indian does is in a circle, and that is because the power of the world always works in circles, and everything tries to be round.... the sky is round, and i have heard that the earth is round like a ball, and so are all the stars. the wind, in its greatest power, whirls. birds make their nest in circles, for theirs is the same religion as ours...."* ~anonymous

# awaken APPALACHIA MEET YOUR TEAM:



**BRIANA KIDD, Yoga Consultant**

Briana has been teaching yoga since 2010 and opened High Country Yoga in Boone in 2014. She enjoys sharing the physical practice of yoga through postures and breath and hopes each student finds harmony and contentment throughout the process.



**ALLISON MOSER, Energy Practitioner**

Allison is an Energy Practitioner and has a private practice in Boone, NC. She is also a Certified Surgical Coaching Practitioner and a Touch for Health and Reiki Instructor/practitioner. Allison believes that an energy-based approach to health and wellness creates the optimal environment for the body's innate healing to occur—and that the work done in her sessions to clear, balance, energize and support the human energy system promotes healing for the whole person: mind, body and spirit.