

21 Day Fall Equinox

Nourish Cleanse with Nadine

September 1, 2024 @Kamanadine333

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OUANTUM FLOW • KUNDALINI • BODY OF LIGHT



Do you want to have **greater energy** and rely less on coffee and stimulants to get through your day?

Do you want to **release cravings** that have been with you for years?

Do you wish to release excess weight?

Do you want to shine from the inside out?

I will guide you on a 21 day cleanse leading up to the Fall Equinox Portal!

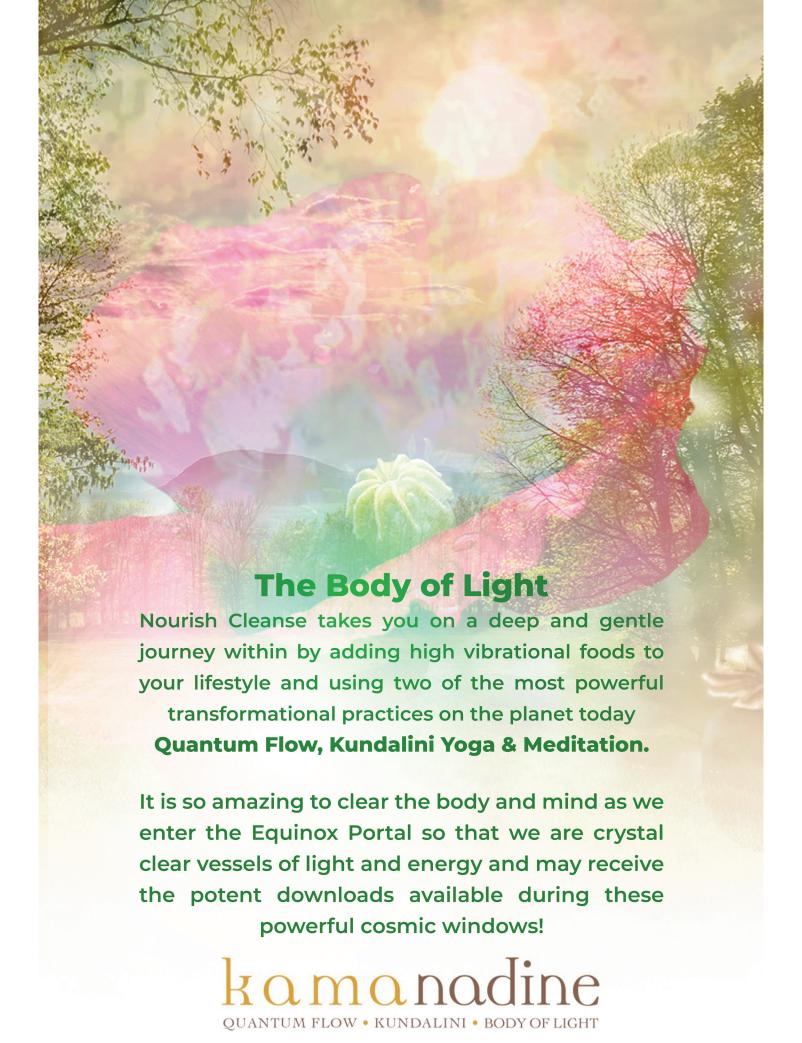




BODY OF LIGHT!

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Body of Light



COURSE INCLUDES:

+ What to eat and drink daily (Organic Seasonal for Fall)

+ Grocery List and Cleanse Recipes

+ Cleanse Resources

+ DailySelf-care routine & Quantum Breath/Quantum Flow/Kundalini Yoga/ Healing Mantra Meditations on ZOOM @ 7AM – 8AM (Begins Sunday September 1, 2024)

+ 4 LIVE CIRCLES ON ZOOM

- ~ Sunday September 1 Introduction & Sacred Intentions and Quantum Flow Breath with Q & A @ 7PM to 8H30PM
- Sunday September 8 Sharing & Quantum Breath/Mantra Q & A @ 7PM 8H30PM
 Sunday September 15th Sharing & Quantum Breath/Mantra Q & A @ 7PM 8H30PM
 Sunday September 22nd Sharing & Quantum Breath/Mantra
 Fall Equinox Circle Integration @ 7PM 8H30PM
- + Private Facebook Page to share our experiences and your wins
 + Private Messenger group to share and communicate
 + REPLAYS: 21 x 60 minute Activation + Meditation Meditations (Quantum Breath/Quantum Flow/Kundalini Yoga/Mantras)
 - + REPLAYS: 4 X 1.5 hour Circle Gatherings/Activations and Q & A

FIRST TIME COURSE FEE: \$333 REPEAT COURSE FEE: \$222 ADDITIONAL INTEGRATION/FASTING WEEK: \$111

+ For those who wish to continue a 4th week, I will lead you on a 3 day Master Cleanse fast (water/lemon/cayenne/maple syrup) followed by gentle guided integration back to solid foods.

Register by sending etransfer payment to kamanadine333@gmail.com
U.S. and International: paypal.me/Kama333

kamanadine.com

