




# Body of Light

**21 Day Fall Equinox**  
**Nourish Cleanse with Nadine**

*September 1, 2024* | *@Kamanadine333*

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Do you yearn for **balance** and **equanimity** with how you nourish yourself with food?

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!**

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The **Fall Equinox Nourish Cleanse** uses fresh organic seasonal foods that are cleansing and nourishing to the heart and soul! This gentle cleanse will reset, rejuvenate and detoxify your entire cellular structure, body and mind so that you are vibrating mind as your highest self moment by moment and cultivating your

**BODY OF LIGHT!**

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## The Body of Light

Nourish Cleanse takes you on a deep and gentle journey within by adding high vibrational foods to your lifestyle and using two of the most powerful transformational practices on the planet today  
**Quantum Flow, Kundalini Yoga & Meditation.**

It is so amazing to clear the body and mind as we enter the Equinox Portal so that we are crystal clear vessels of light and energy and may receive the potent downloads available during these powerful cosmic windows!

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## **COURSE INCLUDES:**

- + What to eat and drink daily (Organic Seasonal for Fall )
- + Grocery List and Cleanse Recipes
- + Cleanse Resources

+ **Daily Self-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](mailto:kamanadine333@gmail.com)  
U.S. and International: [paypal.me/Kama333](https://www.paypal.me/Kama333)

[kamanadine.com](http://kamanadine.com)

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