

Body of Light

21-Day Spring Equinox
Nourish Cleanse with Nadine

February 28 - March 21, 2025

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

Do you want to release cravings and old eating patterns that have been with you for years?



Do you want to have a clear mind, greater energy and rely less on coffee, sugar and stimulants to get through your day?

Do you want to shine from the inside out?

"I will guide you on a 21-day cleanse leading up to the Spring Equinox Portal"

-Nadine





The Spring Equinox cleanse uses fresh organic foods that are cleansing and nourishing to the heart and soul!

This gentle spring cleanse will reset, rejuvenate and detoxify your entire cellular structure, body and mind so that you are vibrating as your highest self moment by moment and cultivating your BODY OF LIGHT!

The BODY OF LIGHT nourish Cleanse takes you on a powerful journey within by adding high vibrational foods and thoughts to your daily lifestyle along with two of the most powerful and transformational practices on the planet today: Quantum Flow and Kundalini yoga

Body of Light Course Includes:

- + **Kundalini Yoga + Mantra/ Quantum Breath Activations**
February 28- March 21, 2025
7:00am - 8:00am
Tuesdays to Fridays on Zoom
- + **Self-Practice Replays**
Saturday
Sunday
Monday
- + **4 Live Circles on Zoom**
 - Introduction & Sacred Intentions and Quantum Flow/Kundalini Activation with Q & A**
Thursday February 27th
7:00pm - 8:30pm
 - Sharing & Quantum Flow Activation and Q & A**
Thursday March 13th
7:00pm - 8:30pm
 - Sharing & Quantum Flow Activation Spring Equinox Circle Integration**
Thursday March 20th
7:00pm - 8:30pm
- + **What to eat and drink daily** (Organic Seasonal for Winter/Spring)
- + **Private Facebook Page** to share your experiences and your wins
- + **Grocery List and Cleanse Recipes**
- + **Messenger private group** to share and communicate
- + **Cleanse Resources**
- + **Replays:** 6 X Daily 60 minute Morning Activation + Meditations
4 X 1.5 hour Circle Activations and Q & A

Course Fee: \$333

Repeat Course Fee: 222\$

Register by sending payment to:

Interac Transfer: kamanadine333@gmail.com

Paypal: paypal.me/Kama333