



Now available
at
Peconic River Yoga

A cleanse for both body and soul



Who? Mary McGuire-Wien is the author of "The 7 Day Total Cleanse", owner of American Yagini Retreat, and the Hohm Juice Cleanse. Delivered Her revolutionary, multi-faceted approach to cleansing, making this practice easy, fun, delicious and available to anyone. Her work is devoted to restoring, protecting and maintaining a beautiful self-cleaning body and the resulting unblocked, flowing life force energy necessary for us to make the world a better place.

"Mary McGuire-Wien has created one of the most original, inspiring, exciting programs I've ever come across. Who knew cleansing could be this fun?"

Rory Freedman,
NY Times Bestselling author,
"Skinny Bitch"

"If you want to change your life, lose weight, detoxify, reverse the aging process and move towards an enlightened perception of yourself and others, Mary is the guide for you!"

Sharon Gannon,
Co-Founder, Jivamukti Yoga



**Enter code PRY10
at checkout
to receive special discount!
(no shipping, must pick up
at Peconic River Yoga)
917 612.1131**

www.juicecleanse.com

We offer every possible option to guide and support you during your cleanse times! No matter what your budget, we have a cleansing option for you!

here's
how



- 1 go to www.juicecleanse.com
- 2 **CHOOSE:** * which menu you wish
* up to 3 days of cleansing
* a start date that lands
on either a **TUESDAY** or **FRIDAY**
- 3 enter code **PRY10** at checkout to receive a discount and to have shipping removed from your cart
- 4 Pick your juice cleanse up Monday or Thursday evening after class
- 5 You will receive guidance in your inbox and a support number to call.

"Mary has created an approach to juice cleansing that is 4 parts luxury - 1 part effort! What more could you want?"

Natalia Rose Author, "The Raw Food Detox Diet"

Why Cleanse?

Most people want to do a juice cleanse for the obvious purpose of rapid and healthy weight loss and/or detoxification. The truth is that the primary reason at the heart of any cleanse is to navigate change. The fastest and healthiest weight loss is one of the happy side effects but don't lose sight of the fact that CHANGE is the operative word. If you are contemplating making a change (such as weight loss or improved health) or you have had a change forced upon you, such as a dissolved relationship, loss of loved one or pet, car accident, health crisis, or just need some mental clarity around something--for all these changes a juice cleanse can help.

How long?

1 Day - Emotional safe start, a quick body refresher or once a week weight maintainer
3 Days - Excellent first time cleanse (lose about 3-5 pounds), gives the cells a chance to fully detox
6 Days - only 1 week you can lose up to 8 pounds and really reset your cellular memory.

When?

Only you know: when you are **READY** is the only time this is going to work for you. When does your schedule allow some pamper & pause time? When does your body tell you to just give it a break **NOW**? Tune in: you will know.

Here are some scenarios to get your thinking:

- ◆ **Weight Loss:** the happiest of side effects, expect a pound a day.
- ◆ **Fast Lane Living:** Working overtime, late nights out create sensory overload. When its obviously time to pause to integrate you have to cleanse if you want to stay on the top of your game. Fast living means you need to restore fast and there is no faster way to integrate than with hohm juice cleanse!
- ◆ **Get Gorgeous:** Consider a cleanse offer minor cosmetic or dental procedures. Let hohm juice cleanse mop-up the residue of anesthesia and pain killers so your beauty radiates from the inside out.
- ◆ **Dissolved Relationship:** why just wash that lover out of your hair when you can wash them right out of your cells?

Is it Safe?

Because the cleanse is so nutritionally dense and made of fresh live juices blends, cravings are minimized and nutrition complete.

THREE hohm Juice Cleanse MENUS to choose from!

All three great, which one "calls" to you?

◆ FULL SPECTRUM

SIX bottles - six different vibrant, delicious colors & flavors

◆ ALL GREEN

SIX bottles - 5 green juices made sweet with apple or pear, plus 1 almond milk

◆ THE ZERO

SIX bottles - 5 green juices balanced with ZERO fruits -vegetables only, plus 1 bottle of Almond milk (no sweetener)

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