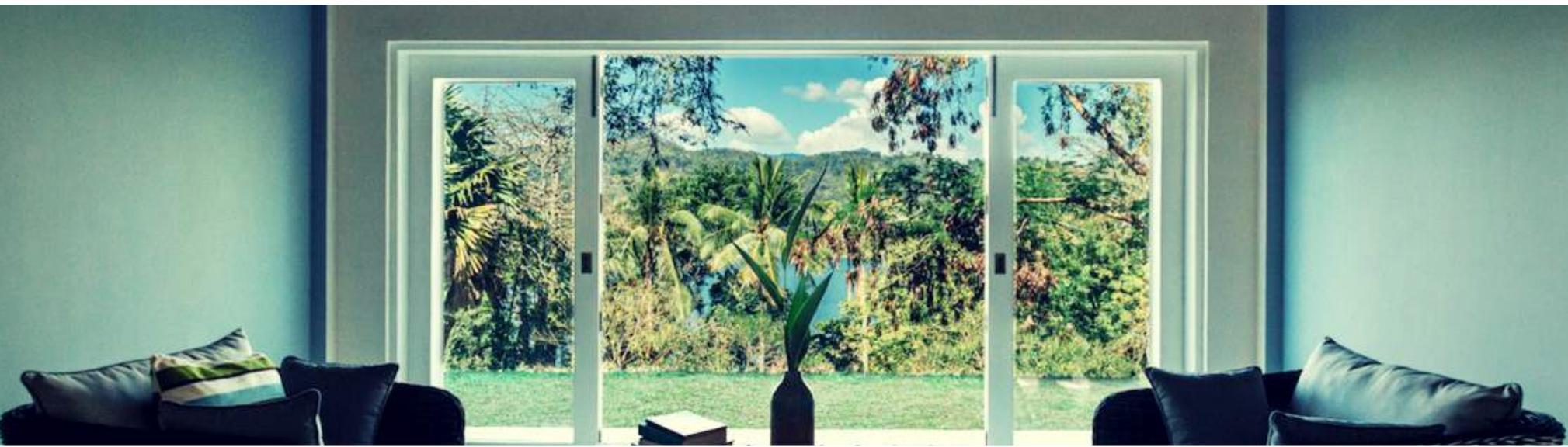




AMAVEDA and
EARTH TO PLATE present

**THE LIVING
DETOX ATELIER**

TRANSFORMATIVE DETOX
PRACTICES AND
PLANT-BASED ALCHEMY



We are all students and
together become
teachers

The Living Detox Atelier is a live-it-learn-it retreat curated for wellness facilitators and health enthusiasts making high-impact through their work in the world.

During the week-long Living Detox Atelier, we will explore and experience dozens of mind-body detox methodologies and treatments in combination with a series of high-level workshops on plant-based healing food preparation. Creating a truly embodied wellness experience.

ama-veda.com



EMBODIED LEARNING

The detox classes and lived practices unfold by virtue of classical Ayurvedic detox methodology, science-based detox methods, detox-supportive supplementation, therapeutic movement, a full digestive system re-set, pure aromatics, all fuelled by next-level culinary alchemy.



EMILY SHAW

Emily facilitates transformational experiences through her detox programs and international retreats. Her detox protocols are an amalgamation of classical Panchakarma detox and Ayurvedic fundamentals, high-prana ingredients fused with the latest findings in functional nutrition and neuroscience. Emily also has a line of Ayurvedic-inspired beauty oils and detox products that are foundational within her programs and retreats.



NATHALIE LARSEN

Nathalie Larsen is a passionate foodie, classically trained plant-based chef and certified Integrative Nutrition Health Coach. Her personal growth and transformative experiences with nutrition have been life-changing is the driving force behind her desire to share this gift with others. Celebrating a wholesome plant-based way of living, her passion is to inspire awareness of what it means to be holistically healthy through mindful and nourishing culinary traditions.



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WORKSHOPS

THE PANCHAKARMA DETOX AND THE MODERN ADAPTATIONS

We will dive into the 5 classical Panchakarma detox practices and their modern-day adaptations, applications and methodology.

FUNCTIONAL FASTING

We will examine the latest research on fasting for cognition enhancement, disease prevention and longevity. We will unpack 4 different methods for implementing a fast including Emily's own finding's on functional fasting.

THE BIO SPA - WHATS ON THE OUTSIDE MATTERS

Hand on, we play with the Earth's most dynamic spa ingredients such as clays, salts, plant-butters, essential oils and Ayurvedic Thailums; creating products in harmony with the skin's microbiome and in support of our largest organ of elimination, the skin.

THE ALCHEMICAL DETOX PROTOCOL

We examine how to harness the power of the Universal elements of Water, Fire, Earth and Air to detoxify the physical, mental, electrical, intuitive and cosmic body.



WORKSHOPS

THE LIVING PANTRY -WHAT'S ON THE INSIDE MATTERS

Getting started with the core plant-based pantry Ingredients-from ancient grains, seaweeds, natural sweeteners, healthy seasonings, dairy and gluten alternatives, appropriate equipment and easy cooking tips to access from your healing pantry.

PLANT-BASED DIET UPGRADES

Plant-based certainly does not need to be boring or bland. We'll take an uncomplicated look at turning the ordinary into the extraordinary! Learn the secrets to unlocking flavours, how to marry ingredients & create tasty and innovative ways to enjoy plant-based foods.

FOOD AS MEDICINE AND HOW TO FEED THE MICROBIOME

What is in the medicinal spice rack, breaking down different dietary sensitivities and which foods to substitute with. Fermentation preparation methods and enhancing the digestible nature of ingredients.

THE ARTFUL PLATE

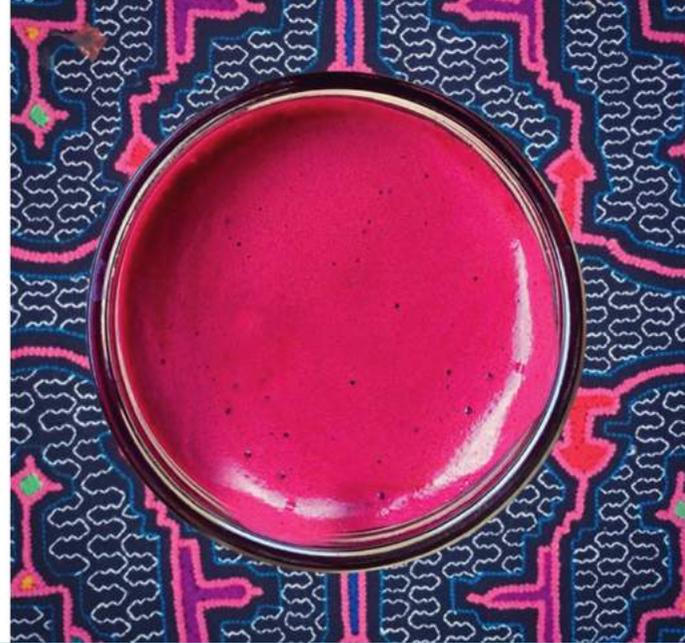
Get inspired with ideas and techniques to create visually appealing dishes.

With little fuss but much passion, you can make the plate a work of art. The colours, textures and even the vessel you choose to present on matters.



INCLUDED IN THE LIVING DETOX ATELIER

- 7-nights accommodation at Rukgala
- The 7-day cleanse protocol
- Detox Workshops throughout the week
- Plant-Based Food Preparation workshops throughout the week
- All food, supplements, colon cleansing tonics and teas
- Daily yoga/movement and meditation – all levels welcome and encouraged
- Pick-up and drop-off from Colombo
- Unlimited access to the surrounding lake and guided hikes



RUKGALA, SRI LANKA

APRIL 20-27 | 2019

www.ama-veda.com