



Ayurvedic Spring Cleanse Itinerary 2024

May 3-5, 2024

Yew Mountain Ct, Lobelia, West Virginia

Lead by Julie Hare, MD (Allegheny Integrative Medicine, LLC) with cuisine by Kristy Lanier (The Dirt Bean, The PesciVeggie)

Itinerary subject to change.

Pre-Event Zoom Call Q&A

April 20, 2024, 4:30pm EST

See website for details www.alleghenyintegrativemedicine.com/events or email ayu.cleanse@gmail.com to request Zoom link information.

Friday, May 3rd

3:00p -5:30p – check-in and tea

5:30p on – dinner and opening talk (*Agni/Ama/Dincharya* and understanding why we cleanse)

Saturday, May 4th

7a – 8a – ghee & morning yoga

8a – 9a – breakfast

9a – 10a – nature walk

10a – 11a – Lecture: The Six Tastes

11a -12p – lunch

12p – 2p – REST

2p – 3p – yoga/breath work session

3p – 4:30p – REST, tea

4:30p - dinner

Sunday May 5th

7a- 8a – ghee & morning yoga

8a- 9a – breakfast

9a – 11a – PEW, grounding meditation

11a -12p – REST

12p – 2p – lunch, wrap up Q&A, closing ceremony



Allegheny Integrative Medicine, LLC

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