



DR. KEVIN GREGG

Introduction to Ayurveda & Panchakarma

AT THE DOUBLE J HACIENDA AND ART RANCH. March 1-2, 2008

TOTAL LIFE CLEANSE (TLC)

The Total Life Cleanse (TLC) is more than a fad diet or cleanse in a box. It is a life-changing, body and mind detoxification and rejuvenation that reconnects us to nature and our true selves. It integrates the latest breakthroughs in nutrition, mind-body medicine, and neuroscience with the ancient wisdom of traditional Chinese medicine, Ayurveda and Panchakarma. Changes made during TLC are intended to have long term positive impacts on your daily habits and quality of life.

EARLY REGISTRATION INCENTIVES

Before Feb. 20: \$270 includes a room dbl. occupancy, \$350 for a private room, and \$195-workshops only

After Feb. 20th: \$330 dbl. occupancy, \$410 for a private room, and \$240-workshops only

THE DOUBLE J HACIENDA AND ART RANCH

The Double J Hacienda & Art Ranch overlooking the Brazos River and Palo Pinto Mountains just outside Mineral Wells is one of the most breathtaking spots in Texas. Gazing across the Spanish-style courtyard is like a journey across the border into Old Mexico. The historic Texas dude ranch is a creative outpost where the human spirit meets the individual soul to rejuvenate, explore, and simplify.

For more information, visit djartranch.com

BASIC PROGRAM

Immersion in the healing rhythms and practices of an Ayurvedic Lifestyle, Cleansing program for body, mind Preparations for the journey into Spring, Delicious Organic Cuisine, Ayurvedic Cooking instruction, Daily yoga and Qigong sessions, and Presentations on various aspects of Ayurveda.

EXTRAS

Individual Panchakarma evaluation and treatments Shirodhara, Sweating therapy, Hands on treatments with Dr. Gregg.

Kevin Gregg, DC, FASA

Holistic physician, Suddha Ayurvedic practitioner 23 years in private practice in Boston and Dallas. Co-creator of the Total Life Cleanse an Ayurvedic based mind, body and lifestyle detoxification program.



OTHER DETAILS

Workshop starts 10am Saturday, March 1st and ends 2pm Sunday, March 2nd.

Upon registration you will be contacted about how to prepare yourself to receive the maximum benefit from this retreat.

Limited to the first 19 registrants.

Name: _____ Address: _____

Phone: _____ Email: _____

Credit card # & Expiration: _____ Amount: \$ _____

Mail to Dr. Kevin Gregg 508 N. Church St. McKinney, Tx 75069 or call 972-529-4484
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