

# THE CLEANSE SANTA CRUZ

*Enjoy a Week-Long Recharge, September 15-21, 2019*

## **Shift your Energy and Charge Up!**

*Powerful Healers Guide Your Transformation*



### ***Chef Sat***

*The Bay area's #1 Award Winning Chef, will prepare all of the delectable nutritious cuisine to fuel your cleanse and recharge. Chef Sat will also provide guidance on how to maintain a healthy eating lifestyle.*



### ***Dr Kartar, DOM***

*Since 1994, Dr Kartar has guided over 2000 people through cleansing and detox programs. The Cleanse Santa Cruz will lead you through energizing mind and nervous system recovery to propel you to peak performance..*

**Location: Ben Lomond Quaker Center**

*In the Ancient Redwoods of the Santa Cruz coast mountains of California*

**September 15-21, 2019** *(Arrival Sept 15, Departure Sept 21)*

**[www.drkartar.com](http://www.drkartar.com)**

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