

"Nourish" FAQ

Q: What is "Nourish?"

A: "Nourish" is an Ayurvedic approach to seasonal rejuvenation. Shea prefers to use the term "seasonal rejuvenation" instead of "cleanse" because even though we will be taking time to observe and clear away what may no longer be serving us, we will also be preparing for the seasonal change (pitta/summer to vata/autumn-early winter) by creating adaptability and resiliency. While there is a physical "cleansing" aspect to "Nourish," we will also focus on developing awareness around our tendencies, understanding our Ayurvedic blueprint, and creating daily rituals that support us in feeling grounded, at ease, and full of vitality.

Q: What is included?

A:

- * Three live calls with Shea and the Nourish community, to guide you through the process and provide inspiration. Each live call will include time for Q+A.
- * Daily live Zoom calls that include a short guided meditation, oracle deck pulls, and self-inquiry questions. Each call will be posted to the private FB group shortly after.
- * E-mails in your inbox each morning with inspiration, coaching, and additional resources and/or practices to explore if you so choose
- * Access to the private Nourish community FB page to share experiences and motivation with other participants
- * Pre-recorded yoga nidra practice
- * Pre-recorded restorative yoga practice
- * PDF including all recipes, timeline, roadmap, shopping/supply list, and any additional information for your journey
- * Shopping/supply list (provided in advance)

Q: Can I participate if I can't make the live online calls?

A: Certainly!! I hope you do! All calls will be recorded and available for you to listen to at your convenience via our private Facebook group. Shea recommends listening to the calls as soon as possible following the live sessions as these calls may answer some of your questions that arise during your journey.

Q: I can't complete the cleanse during the week when it is scheduled. Can I do it another week?

A: Yes! By signing up, you will have access to all the materials from the call, and can complete the cleanse at any time. However, it is suggested that you complete the cleanse prior to the end of October. If this is not possible, you should wait to cleanse in the spring (slightly different protocol, so please consider booking a consultation with Shea to discuss specifics). You will still have access to our private Facebook group, where you can learn from the experiences of other participants, and have your questions answered by Shea.

Q: When will recipes and shopping lists be available?

A: All materials will be emailed and posted online by Monday, September 13th. A shopping list will be provided for people who want to begin purchasing some items sooner or online. This material will also include cleanse prep and elimination suggestions to make your journey more easeful.

Q: How far in advance can I prepare my food?

A: Ideally all food will be prepared within 24 hours of consumption. Included recipes can be adjusted and Shea will discuss this more in-depth during the first live call.

Q: Will I need to alter my schedule in any way?

A: This is largely a personal decision. The cleanse includes optional saltwater flushes on Days 3 and 5 (Sept 29th + Oct 1st) . If you choose to do the flushes, you may want to plan your day so that you are in one spot and can take bathroom breaks as needed. Likewise, the cleanse concludes with a highly-recommended but optional castor oil flush. If you choose to do this, you should plan to have a mellow morning on the final day of the cleanse. Shea will discuss these optional practices on the first call to help you determine if you would like to try them. For everyone participating, I do encourage you to keep your calendar clear as much as possible of extra appointments, obligations, etc. so that you can give yourself some extra downtime. The more you are able to minimize sources of stress during the cleanse week, the greater your benefits may be.

Q: What if I cannot find some of the kitchari (mung bean stew) ingredients locally?

A: I will include a list of resources with links to all necessary, as well as optional, supplies needed for your journey. These items will need to be ordered online, mostly from Banyan Botanicals, so please allow time for shipping. You're also welcome to order them from your desired supplier if you prefer. Kitchari supplies can be used on the stove or in a pressure cooker, like the Instant Pot.

Q: What if I have a sensitivity to beans or another ingredient in kitchari?

A: Shea will offer an alternative recipe to use in place of the kitchari. The most important thing to remember is that the foods are easily digestible and consistent, we are purposefully avoiding various and certain types of foods to allow our digestive system to rest. If you find that the alternative recipe also has items that you're sensitive to, please email Shea directly at shea@curatesoul.com to discuss other options.

Q: What format is used for the online forum?

A: The online forum is a private Facebook group and only registered cleanse participants may view or respond to posts.

Q: Can I exercise while cleansing?

A: Again, mostly a personal decision. It is recommended that you listen to your body and energy level closely during the cleanse period so that you are honoring yourself and your prana (vital energy). Some people feel very energized during a cleanse while others feel lethargic. Daily movement is suggested but the type of exercise/movement may need to shift during the mono-diet period, especially if you are on your moon cycle. Shea will be including some gentle movement practices during the duration of Nourish.

Q: Can I take medications/herbs/supplements on the cleanse?

A: Yes – Please keep up your normal routines during the cleanse. If you have any questions, please seek advice from your doctor or healthcare practitioner. For any questions not answered here, please contact Shea by email at shea@curatesoul.com

Q: When does registration open and close?

A: Registration opens on Sunday, August 1st and closes on Sunday, September 12th.

Q: What is the investment?

A: \$85 - Community Rate (discounted)

\$100 - Sustainer Rate (pays for you)

\$125 - Supporter Rate (supports yourself & others)

Payments can be made using your debit/credit card through Paypal or you can pay directly via Venmo to @curate_soul

Shea's desire is that anyone and everyone who is interested in taking part in Nourish be able to do so. She also understands that access to food is a privilege and that over the past two years, the pandemic has shifted many of our incomes. She is also deeply aware of the additional cost of supplies in addition to the investment of guidance throughout the duration. If you are interested in taking part in Nourish but feel that the Community Rate isn't currently accessible, please email Shea at shea@curatesoul.com to discuss other options.

