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J A N U A

## TAKE A BREATHER

*A weeklong yoga and raw-food detox*



Zucchini puttanesca from Gingersnap's Organic

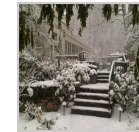
It's January. Let the barrage of gimmick diets begin!

Thankfully, we can shield ourselves from cereal lunches and protein overloads, having realized that good old-fashioned clean eating is really the only way to healthy success. So if you're looking to kick-start some proper habits, there's a new local program, the [Jump Start Cleanse](#), which just might help.

Here's the rundown: From January 13 to 20, [Gingersnap's Organic](#), [SLT Yoga](#) and registered dietician [Sharon Richter](#) are teaming up for a weeklong detox partnership.



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The three-part package begins with an exclusive Jump Start yoga class (Sunday, January 13, at 5:45 p.m.) and an unlimited membership to STL Yoga throughout that entire week. You'll also receive a five-day raw-food cleanse from Gingersnap's Organic (think: sunflower Caesar salad, zucchini-noodle puttanesca and chia-seed pudding) and a nutrition consultation with Richter to help you transition back to a normal groove.

Email [gocleanse@gingersnapsorganic.com](mailto:gocleanse@gingersnapsorganic.com) to enroll before January 8. The whole shebang will run you \$400, but when you really think of all the food and classes included (actually worth \$580), it comes out to a pretty sweet deal.

It's on, 2013.

Tags: [yoga](#) [cleanse](#) [organic](#)

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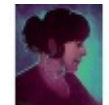

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