

WHOLE SELF RECOVERY

Whole Self's residential treatment program offers an alternative model of treatment that immerses the individual in a lifestyle where optimum physical, mental and spiritual health can be attained and maintained.

Our program includes a cleansing diet, Kundalini Yoga, Acupuncture, Chiropractics, psychotherapy, yogic counseling, numerology, massage and a number of elective treatments. With this holistic approach, our residential program treats every aspect of the person and is an unprecedented opportunity and catalyst for tremendous growth, healing and transformation of **Body, Mind & Spirit**

After months at different treatment centers around the country, I know Whole Self offers the most well-rounded, comprehensive, holistic approach to healing available. Their team of healers is not only highly qualified but also compassionate and uniquely dedicated to uplifting, energizing and bringing out the best in each individual. For anyone who truly desires and is ready to change their life, Whole Self is unprecedented in its ability to provide powerful tools and support in an incredibly loving and profoundly life-altering program. In my opinion, Whole Self has created the temple for a new paradigm in therapy.

JJK, Indianapolis, Indiana

BODY

We facilitate wellness journeys of self-healing and rejuvenation that work to strengthen, purify and merge the body, mind, emotions and spirit. Changes begin with the internal body; a food program consisting of consciously eating only fresh whole foods and juices that tone, restore and re-balance the physical body at a cellular level. For a period of 10 days a specific cleansing diet will be administered, which combines Ayurvedic herbs, Chinese herbs, Homeopathic tinctures, nutritional supplements and an alkaline vegetarian diet with Raw Living Foods. An individualized 30 day follow-up program is utilized with specific dietary guidelines and specific herbs and supplements to continue the process of cleansing and detoxing.

Kundalini Yoga classes are provided daily to strengthen the physical body and nervous system. Kundalini Yoga helps one's mind, spirit and emotions integrate the changes occurring in the body. Kundalini Yoga is called the "Yoga of Awareness," and enables one to become more aware and awake to life facilitating self discovery. In addition to Kundalini Yoga the program includes many modalities ranging from Acupuncture, massage, Chiropractic, Numerology, colon therapy, psychology, psychiatry and a medical doctor when deemed necessary.

MIND

Within this program we combine medical, yogic and spiritual psychology to help neutralize the extreme polarities of the mind and bring about a calm, tranquil state of peace. Each person is individually assessed by our staff and given individualized therapies for their specific condition. Each client will be given daily homework, meditations and exercises for self reflection.

Many of the meditations practiced can help to alter brain chemistry and function; and help to reprogram thought patterns in order to give a more successful way of thinking, communicating and being. Meditation gives one the power to go through all adversities. As the old adage goes, conquer the mind and you conquer the world. This program gives you the capacity to recalibrate the mind's patterns so that you are no longer haunted and victimized by your thoughts and your past.

"Meditation is the art of breaking habits to purify the mind and to take care of day to day affairs" Yogi Bhaijan

SPIRIT

Once the body is cleansed, and the mind quieted, the capacity of the spirit is engaged and emerges to fulfill your destiny.

This program establishes a platform and a sustained opportunity to connect to your soul, the essence of your being, which is unlimited and infinite. The spiritual path is a challenging and rewarding journey which can lead to the final destination of your own self.





My story as an addict and the seemingly unrelenting grip and all too deep hook of heroin addiction goes from the conventional perspective of treatment centers and the 12 step programs to the Whole Self Recovery Program. The techniques of a healthy diet, acupuncture, exercise, community involvement and most importantly a daily practice of yoga and meditation changed me on the deepest levels. I now have choice in my attitude everyday. There are a lot of stressors and insanity in the world, but I have gained a lot of skills to stay centered. Whole Self taught me how to achieve a lifestyle of habits that keeps my spiritual principles in everyday practice and the results are real, fast and permanent.

SKK, Albuquerque, NM



Dr. Kartar, Deva and their team of spirited professionals help to guide, feed, teach, heal and assist many hundreds of people through cleanses and residential programs here in New Mexico every year.

KARTAR S. KHALSA, DOM

Dr. Kartar S. Khalsa is a Doctor of Oriental Medicine practicing Acupuncture and Herbology at the GRD Health Centers in Espanola and Santa Fe, New Mexico. He has been in practice since 1992 and has been living a yogic lifestyle since 1987. This unique combination brings the expertise of a licensed Doctor of Oriental Medicine, a trained Acupuncturist, and a KRI Certified Kundalini Yoga teacher. Since 1994 he has been interested in detoxing and cleansing and guided over 3000 people through The Cleanse, a 7, 10 & 40 Day Rejuvenation/ Detox program, as well as participated in the program over thirty times himself. Dr. Khalsa possesses a passion for self-empowering people to take control of their health. His dynamic abilities as a healthcare professional and a compassionate advocate of yogic technology were inspired by his spiritual teacher, Yogi Bhajan, Master of Kundalini Yoga.

Dr. Kartar's mission in living and teaching these ancient yogic principles is to enable all people to lead a conscious and healthy life, in harmony and peace on this planet.

DEVA KHALSA

Deva Khalsa embodies the spirit of a healthy holistic lifestyle. Since 1992 she has studied vegetarian cooking, raw living foods, Ayurveda, Kundalini Yoga and hypnotherapy. In addition to being the co-creator of The Cleanse of Santa Fe, she is a certified Kundalini Yoga Teacher Trainer and hypnotherapist. Deva possesses a passion for self-empowering people to take control of their health and lives with Ayurvedic nutrition, conscious living and Kundalini Yoga. Deva's passion is supporting people to live a healthy lifestyle.

Since 1996, Deva and her husband, Dr. Kartar Khalsa, have been developing a nutritional cleansing program called The Cleanse of Santa Fe. "The Cleanse", as it is commonly referred to, is a comprehensive rejuvenation and detox program that offers a synergistic combination of a specific vegetarian diet, Ayurvedic and Chinese herbs with nutritional supplements, Yogi Tea, Kundalini Yoga and meditation are an integral part of their programs and work to purify body, mind and spirit. "The Cleanse" uses detoxifying and strengthening methods to give you the tools to restore, and then maintain, a state of optimal health, and vitality.

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