



## The Spring Yoga Intensive

5 days of Detox Yoga

1st- 5th October 2018

6am - 7.30am

Spring + the Wood Element (liver + gall bladder)

Theme: Detox

Daily practice for 5 days

Spring focus asana pranayama and meditation

Cleanse body of toxins, heaviness, headaches, aches and stiffness  
Improve flexibility and range of movement, plus cleansed lighter digestion.

Renewal and lightness in body and mind,  
life force + life balance.

Everyone welcome, all levels of ability.

Bookings Only

Investment: \$150

Booking includes Spring Wellness Ebook - season concepts + theories, wholefoods  
nutrition, healthy cleanse recipes and lifestyle guidelines.

Macro breakfast on last day

Bookings only

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Venue: Avalon Surf Lifesaving Club, Barrenjoey Rd

Avalon Beach NSW 2107

BYO Yoga Mat

WOOD is the energy of spring;  
It gives us the power of renewal, enabling us to move  
forward with clear vision and determination.

ॐ अस्ति क्लृप्तं