



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 yoga for 5 days with Spring cleanse focus
asana pranayama and meditation

Cleanse body of toxins, heaviness, headaches, aches and stiffness
The season of renewal: improve flexibility, range of movement, cleanse digestion,
refresh energy,
lightness of being.

Everyone welcome, all levels of ability.

Bookings Only

Investment: \$150

Booking includes Spring Wellness Ebook

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

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