



## The Spring Yoga Intensive

5 days of Detox Yoga

30th September - 4th October 2019

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 Wellbeing Ebook

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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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