



Spring Yoga Intensive 2021

5 day yoga detoxification practice
pranayama, spring asana and meditation
to refresh and
promote more lightness

cleansing and refreshing body and mind

27th September - 1st October

6am - 7.30am

wood element (liver + gall bladder)
and kapha (water earth)

theme: detoxification.
cleanse body of toxins
release tightness, improve flexibility
improve stiffness and body aches
promote flexibility and ease.

Refresh your energy, enjoy more lightness.
Everyone is welcome, all levels of ability.

Investment: \$150
includes Spring Wellness Ebook
Live on Zoom

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