



It's Time to Spring Clean!

With Yoga Ma

March 24, 1 - 3.30 pm
\$20



**Bring water
and wear
comfortable
clothing**

Spring is in the air & it's the perfect time to dust off some cobwebs, let go of winter heaviness & release the body & the mind.

Spring is the season when we let go of the old & open up to the blossoms of fresh, new life. It's a time when we can shift our practices to synchronize with the natural flow of the universe.

We'll be twisting out toxins & staleness while welcoming in new energy, moving the body to open up & relaxing the mind & nervous system to assimilate these practices.

This class will use breath, postures, meditation & mantra to achieve a cleansed & refreshed YOU.

Simple & easy springtime shifts in diet, movement & routine will also be shared in take-home handouts.

Put this workshop on your calendar today!