

Yoga Detox and Springtime Renewal

April 14, 2012
1:00 p.m.—3:30 p.m.

A Spring detox cleans the body from the inside out. The season for renewal is the perfect time to refresh your body and outlook on life. Just like we till the soil, pull out weeds, and plant new seeds in the Spring, we can do the same with our bodies and spirits.

This workshop isn't your typical yoga detox. There won't be heavy sweating, quick vinyasa flow, and panting (well, there may be panting). There *will* be restorative yoga to twist and tone the inner organs. There *will* be essential oils to release the toxins in our physical and energetic bodies. There *will* be meditation to liberate the spirit. And, yes, there *will* be tuning forks to clear the blockages that prevent us from connecting with our best selves.



Workshop cost: \$45 at the door

If registered and paid by April 1, please pay only \$40
(this workshop will fill up, so please register early)

Register at: www.mysantoshayoga.com or call 847-367-7445



Mary is an E-RYT® 200 with the Yoga Alliance. She is also a Certified Tuning Fork Therapist® and a distributor of Young Living Essential Oils. Mary combines these healing therapies to provide a blissful yogic experience. To learn more about Mary please visit her website at www.maryscudella.com.

