

4 week winter detox

“keep your fire burning bright!”



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation & Movement*



dates: January 4 - 28, 2012

time: Wednesdays, 5:15-6:30pm

cost: 4 weeks for \$55 (or \$16 drop-in)

WINTER DETOX Feeling sluggish, heavy, or stuck after the holiday season? Would you like to move into 2012 with renewed energy, lightness, and strength? Nourish yourself, and join Sangha Yoga Teacher, **Kara Aubin** for this Winter Detox Course. This four week session will offer approaches for purification and detoxification of body, mind, and heart. This asana-based class will also explore supportive pranayama (breath work), meditation, and Ayurvedic approaches to a healthy new year. This course will also include an introduction to Ayurvedic diet and lifestyle with guest instructor, **Rhonda Egidio, PhD!**

PRE-REGISTRATION RECOMENDED. Mail check for \$55 with this form to Sangha Yoga

Name(s) _____

Contact # _____ Email _____

Please write the number of attendees and total payment enclosed:

WINTER DETOX: number of participants _____ (X) \$55 = total enclosed: \$ _____



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