

WORKSHOP SPRING DETOX

Sunday 6th of April 10:00 – 14:00

Active Iyengar Yoga workshop with lots of cleansing asanas for activation of the digestive system and purification of the body.

Cost: € 50,-

Program:

10:00 - 12:00

We will begin this workshop with a 2 hour asana practice where we will dynamically move through a full & varied sequence designed to create heat and cleanse the body of toxins.

12:00 - 13:00

We will enjoy a deserved cleansing juice and some healthy snacks while nutritionist and yogini Cecilia Gotherstrom helps us understand what's happening in our bodies when we detoxify and why it is so important to eat well. This will be fun and interactive, so questions welcome.

13:00 - 14:00

We will finish with restorative asanas and some cleansing pranayamas.