

the SPRING CLEANSE

GATHER YOGA

AYURVEDIC SPRING CLEANSE

21 DAYS OF RESTORATION AND REJUVENATION

Start your spring with this 9 hour Ayurvedic cleanse where you will experience traditional practices of Panchakarma to restore your body's natural balance, promote longevity, remove toxins, release the negative effects of stress and tension, and rejuvenate your body and mind. Ayurvedic cleansing is unique, and the spring season is the ideal time to rid your body and mind from toxins. Studies show that Ayurvedic cleansing eliminates toxins and heavy metals more effectively than any other cleanse. If you make the commitment to fully immerse yourself in this three-week program, you will arrive at the end with a more energized healthier happier you!

Heidi Nordlund Dr. of Ayurvedic medicine will be your guide on your journey back to balance. Feel free to contact her with any questions: 720-771-8534 or heidi@nmaskarhealing.com. Register at the studio or at gatheryogaevergreen.com

MEETING DATES: Saturdays March 14th, 21st, 28th

TIME: 2:30 – 5:30 pm

LOCATION: GATHER YOGA

INVESTMENT: \$270 SAVE \$80 EARLY BIRD SIGN UP BY FEB 15th

