

Ginseng & Deep Yoga invite you to
SPRING DETOX

YOGIC CLEANSE: BODY, MIND & SOUL

Arise, Unfold & Blossom!

Detoxify the Body

Spring brings the Ayurvedic season of Kapha. Through sequences of energetic poses we will balance this Dosha, melt the freeze of Winter and burn off toxic stagnation.

Ignite Your Inner Fire

Build Agni, the inner fire of yogic practice that burns away gross and subtle impurities, promoting clarity, vibrancy, joy, vitality and freedom.

Strengthen Your Prana

Fortify yourself with invigorating Pranayama practices to maximize your life-force energy.

Align Your Mind

Clear the sluggishness and fatigue of day-to-day living with techniques for deep release, pranic healing and mantra.

Celebrate the Season

Join with fellow Yogis in a celebration of Mother Earth's abundance, renewal and rebirth.



Sunday, March 24

2 - 4:00 pm

Cost: \$25

Reserve your place at Ginseng Yoga Studio

www.ginsengyoga.com

(619) 338-9642

