

Purify The Body, Clear the Mind: Winter Solstice & Holiday Detox Ayurveda & Yoga Shodhana:

Join us in preparation for the Winter Solstice, celebration of Transformation! Through rasa yoga (the nectar of life), ayurvedic oils, marma therapy, kriyas, pranayama, movement meditations, and chanting we will levitate towards winter. A celebration of our bodies, by calling awareness to our own natural healing abilities, through the practice of yoga and Ayurveda. This session is designed to help uproot deeply seated toxins. These toxins are called Ama in Ayurveda and over time they bind into the body's tissues which are weak and unstable. We will begin by sipping on a specially prepared Ayurvedic tea which helps in the detoxification process and then massage herbally medicated oils onto the body. From there we will then launch into a Yoga Asana practice sequenced to help detoxify the internal organs and the tissues while integrating Marma Points (acupressure points), explore rasa yoga, and renewing our inner agni (fire). It is a fun, challenging Yoga practice in a heated room, followed by re-hydrating beverages and enjoying the rasa (nectar) of some healthy treats

Refresh Your Body & Mind
Sunday December 11th
7pm-10pm



Mandatory things to bring:

- Water, 2 large beach towels or similar cotton mat to completely cover your mat and prevent slipping.
- Best to wear shorts and a small top (or bathing suit) because we will be applying oil to our entire bodies
- Bottle of Water.

Contraindications:

- Heart disease, Pregnancy, Rheumatoid Arthritis, Hypertension, Fibromyalgia.

Bio:

Natalie remembers starting her yoga path through being inspired by her mother who taught her movement and meditation at a young age. She became certified as a teacher in 2000 in various trainings. These included Hatha Yoga with Eric Schiffman, an Ashtanga training in Thailand with Paul Dellaghan, Prana Flow with Shiva Rea and YogaWorks 500hr program with Lisa Walford and Jasmine Lieb focusing on Iyengar, Therapeutic and Restorative. Natalie currently teaches all levels interweaving her Hatha yoga Knowledge with her Ayurvedic teachings she received from the American institute of Ayurveda. Her classes are inspired by life and cultivate a safe place for one to explore breath, movement and meditation.



\$25 Holiday special for past attendees and anyone who purchases before December 5th

**please register at least 1 week in advance with email to receive details for detox preparation*

\$35 after December 5th