



# Spring Detox Series

## Cleanse & Nourish

### MIND - BODY - SPIRIT

**Feeling tired?**

**Heavy?**

**Bloated?**

**Mondays, April 9, 16, 23 & 30**

**7-8:15 pm**

Cost: \$20 per workshop or \$75 for the complete series.

To register visit [www.inspiringactions.com/](http://www.inspiringactions.com/) events or call 715-381-3148

In this 4 week series we will focus on techniques that improve digestion, elimination and metabolism. In addition to the yoga practice, each week we will discuss an element of detoxing and implement new, healthy habits into our lives. Practice will also include meditation and breathing techniques. Each participant will choose the changes they wish to make and there will be NO strict dieting or fasting.

Modifications will be given for all ability levels. All are welcome!

