

# DETOX YOGA

September 23rd

8:30-10:00AM



This workshop is great for anyone wanting to learn how to detox your body through yoga. Detox yoga consists of lots of twisting, vigorous movements and deep breathing. When we detox through yoga, we cleanse our mind, body and soul. If you're feeling stuck and need a change, don't miss this class. Misty will also give you special recipes to infuse water and how to change up your salad to help you detox the gut. Each student will also receive a mason jar of infused water and a detox salad!

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**MEMBERS \$25 \* NON-MEMBERS \$30**

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