

Ayurveda and Yoga for Spring Cleaning

The ancient texts of the “sister sciences” Ayurveda and Yoga, recognize the importance of balancing the body and mind during seasonal transitions.

Spring is considered an essential time to support the digestive, eliminative, respiratory and immune systems through cleansing and nourishing practices.

In this seasonal workshop you will:

ॐ Experience Hatha Yoga postures

ॐ Learn simple Ayurvedic techniques that promote efficient digestion and elimination, as well as those that encourage optimal respiratory and immune function.

ॐ Release the heavy effects of Winter and embrace the Spring season of renewal!

Date: Saturday, March 27th

Time: 2:00-5:00pm

Cost: \$35 pre-register \$40 day of

Teacher: Denise O’ Dunn, CAP
E-RYT500

How to register:

▶ go to our website:

www.stpetersburgyoga.com

▶ email us:

info@stpetersburgyoga.com

▶ call us: 727-894-YOGA

Do it today ~ space is limited!
This workshop meets the CEU requirements for Yoga Alliance