

~ Digestive Detox ~

Strengthen, Tone, Detox & Digest with
Yoga & Pilates Core Work



Digestive Detox

A mini-workshop of 2 hours, focused on detoxing and digesting the system, as well as strengthening and toning the abdominals and back.

Energizing and refreshing, this will wake up body and mind, oxygenate the blood, stretch and tone the body and relieve stress and tension.

We will end the workshop with a restorative, soft yoga to allow you to release deep held tightness and tension.

Location & Practical Info

What to bring: yoga mat, blanket, pillow (if you want something to sit on).

Suitability: The class is suitable for all levels. Please advise of any injuries beforehand.

Time : 9.30 – 11.30

Date : Sunday, 28 January

Location : Kass-Haff (next to Naturata), 187 A Rue de Luxembourg, 7540 Rollingen (15 minutes north of Auchan Kirchberg).

Parking: Free parking.

Price: 40€

Price Early Bird: 30€ (payment *received* 2 weeks before class)

How to sign up: To reserve your place, you can bring a 10€ deposit or full payment directly to one of my Yoga or Pilates classes.

Questions:

axinja@gmail.com, 691 66 66 59, <http://www.yogashanti.lu>

