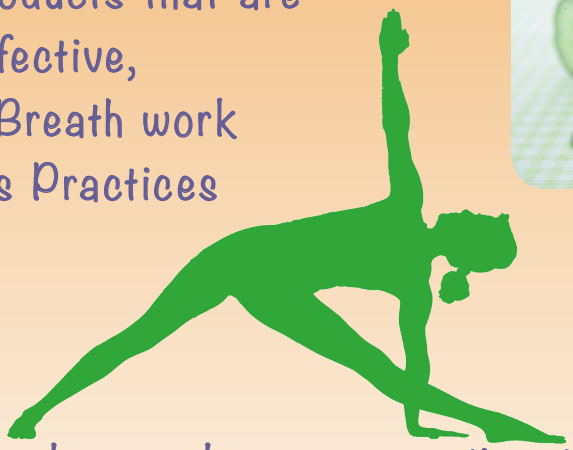
SPRING CLEANSE & YOGA WORKSHOP

sponsored by
Sunshine Herbs &
Open Spaces Yoga Center

March 20 & 27 - 2 Saturday Sessions

11 am - 12:30 pm • In-Studio & on Zoom

Join us for a
SPRING METABOLIC CLEANSE
at Open Spaces Yoga Center
with Cleansing Products that are
safe & effective,
Yoga Asanas, Breath work
& Mindfulness Practices



Session 1 - Learn how to cleanse , learn yoga practices to support your cleanse

Week In Between - Practice yoga, cleanse, be mindful, release

Session 2 - Practice energizing yoga, learn how to move forward after cleansing, assess your unique experience (without judgement) & what you learned

Go to www.openspacesyoga.com
to Book Online or Pay Online

2 Sessions - $40
Payment also accepted
In-Studio or at Sunshine Herbs

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