

Spring Cleanse

Join us and take your practice and health to the next level!

Spring is the perfect time to cleanse the body and mind. This Ayurvedic cleanse renews your body on all levels by helping to remove impurities - both energetically and physically. Enjoy a renewed sense of vitality and reset your habits around food and self care.

Saturday, March 4th from 3:30 - 4:30 pm

Orientation and cleanse preparation. Familiarize yourself with the philosophy, benefits and tools associated with Ayurveda and your cleanse.

Saturday, March 11th from 3:30 - 4:30 pm

Cleanse begins - Learn how to integrate preventative habits for strength, health and vitality.

Cost and Details

Location: Kent Yoga Center, 145 South River Street, Suite 5 Kent, OH

Instructor: Kathy Hammonds, BS Dietetics, ERYT, Ayurvedic Practitioner

Cleanse & Workshops: \$129 (includes cleanse kit, two workshops and facebook group)

Call [330-606-1777](tel:330-606-1777) or sign up at the studio to reserve your kit today!

Deadline for registration and course fees: February 27, 2012