

Workshop: **DETOX FLOW** with **Giselle Mari** for **The Art of Yoga Project** **Saturday, May 16th, 2:30-5:30pm**



Please join Giselle Mari for a transformative spring-cleaning of mind, body and soul. The workshop will be an exploration of detoxification techniques incorporating the practice of meditation, yoga asana and core awakening through pranayama and kriyas. These techniques will facilitate the unlocking and releasing

of stagnant energy that can accumulate in the body and mind in the form of tightness, tension and old patterning of thought and action. This cleansing practice can give way to newness, vitality and ultimately space for fresh beginnings.

Donations accepted in lieu of workshop fee (suggested donation minimum: \$40).

100% of the proceeds for this event will go to **THE ART OF YOGA PROJECT** which is a 501(c)(3) non profit.

Join us in our mission to lead teen girls in the California juvenile justice system toward accountability to self, others and community by providing practical tools to effect behavioral change.

Namaste,

Giselle and the Devi Yoga Staff