



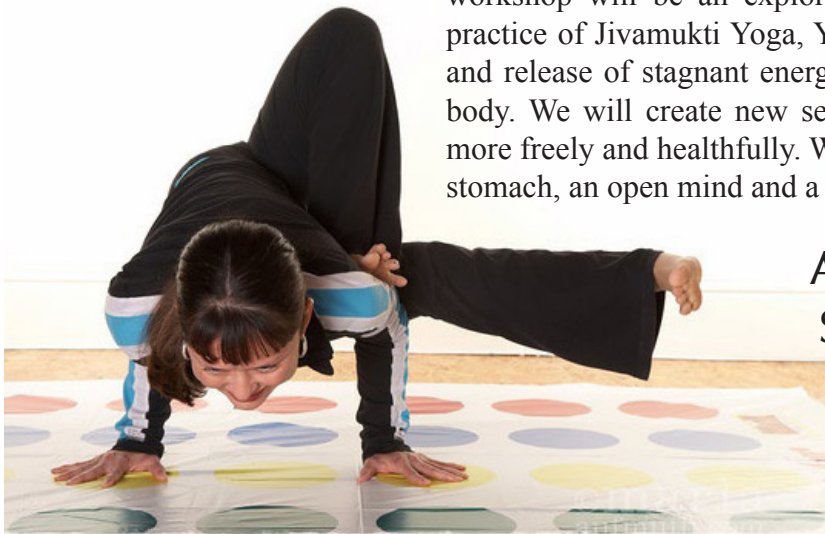
Giselle Mari's Detox Flow

February 18, 2012

Saturday 1:30 - 3:30 pm

A benefit for The Art of Yoga Project

Join Advanced Certified Jivamukti Yoga teacher Giselle Mari for a transformative workshop detoxifying & purifying mind, body and soul. The workshop will be an exploration of detoxification techniques through the practice of Jivamukti Yoga, Yin Yoga and pranayama to assist the unlocking and release of stagnant energy that has accumulated in the gross and subtle body. We will create new seeds of vitality and inspiration so that we flow more freely and healthfully. Who doesn't need that? Be sure to have an empty stomach, an open mind and a sense of humor. www.funkyjiva.com



All levels welcome

\$40 (minimum donation)

YogaSource
158 Hamilton Ave.
Palo Alto, CA 94301
www.yogasource.com



Nothing Beyond Her Reach

About The Art of Yoga Project

The Art of Yoga Project (AYP) specializes in working with incarcerated teen girls. Their mission is to lead teen girls in the California Juvenile Justice System toward accountability by providing practical tools to effect behavioral change. AYP currently serves over 500 girls throughout the Bay Area.

www.theartofyogaproject.org

AYP is a 501(c)(3) non-profit organization, tax ID number 20-2448697.