



MIDTOWN
presents



MARCH WORKSHOP

DETOX YOGA

CLEANSE, EDUCATE, NOURISH AND RENEW YOURSELF.

Feeling guilty about too much holiday indulgence?

Come out for a workshop that will not only allow you to twist, sweat and cleanse your system, but leave you with a profound education on how to start to cleanse your system naturally through foods and lifestyle habits.

The first 1.5 hrs will be spent learning about our organ systems of detoxification, which foods and habits lead to a toxic system, and how to make changes to our lifestyle and diet in order to begin to cleanse our system. We will then move into a detox yoga flow in the hot room, to put what we have learned into practice, and begin a profound cleansing for the body and the mind.

This workshop will be led by naturopathic doctor Dr. Jodi Larry and yoga instructor Lisa Barkin. The cost of this program can be covered under your insurance health benefits for naturopathic medicine.

TERMS & CONDITIONS

No refund or credit for cancellation after January 15th, 2012. All refunds are subject to a 20% processing fee that will be deducted from your payment.

\$45 (+HST)

CAN BE COVERED BY
YOUR HEALTH BENEFITS

YOGATREE MIDTOWN

40 EGLINTON AVE. E, 8TH FLOOR

DR. JODI LARRY

NATUROPATHIC DOCTOR

LISA BARKIN

YOGA INSTRUCTOR

1:00-3:30PM

SOLD OUT ~~SATURDAY JANUARY 28, 2012~~

NEW DATE SATURDAY MARCH 24, 2012

www.yogatree.ca

RICHMOND HILL

360 Highway 7 East Unit 1
905.882.YOGA

THORNHILL

1416 Centre Street Unit 9
905.882.TREE

DOWNTOWN

140 Spadina Avenue Unit 201
416.603.YOGA

MIDTOWN

40 Eglinton Avenue E, 8th Floor
416.322.YOGA