

Detoxification and the Doshas

One hour yoga flow followed by an hour plus discussion and food tasting
(yum!)

Most people think we have to go on a 3 or 10-day cleanse in order to purify. However, our body naturally purifies daily. Daily purification consists of synergy of the liver, kidneys, lungs, lymphatic and skin. Did you know, deep breathing is some of the best purification we can do?

Where: Lake Mills Yoga Co-op

When: Saturday, December 12th 2-4:30PM

Cost: \$30 (non-members), \$20 (members)

Register in person at the studio, **by phone** by calling Erin - 608.225.4747 (with Lake Mills Yoga Co-op) - or **by emailing** Optimum Vitality - optimumvitality.om@gmail.com

We'll breathe and sweat in a detox centered class, then discuss the physiology of detoxification and of course, indulge in detox promoting foods that will feed our doshas. Let's break from the holidays and turn inward this season.

Register by Wednesday, December 9th

Vanessa is a registered yoga teacher and the Owner of Optimum Vitality, a holistic healing clinic in Middleton.

Lake Mills Yoga Co-op