

Immune boosting & detox workshop



YOGA & ESSENTIAL OILS WITH SHANNON KRAEGEL

Power up your immunity for winter!

75 minute flowing yoga class designed to purify, detoxify and stimulate the body's immune system.

Afterwards, we will make an essential oil immune booster for you to keep, as well as discuss how adding essential oils to your daily routine can support wellness.

**SATURDAY, FEB. 11TH, 4-6 PM
RED LOTUS YOGA - ROCHESTER
1900 S. LIVERNOIS RD.**

*\$30 in advance, \$35 at the door
Register at www.redlotusyoga.com
or call 248.601.9642*