

Spring Ground & Cleanse Workshop

Friday, March 26

7:30PM-9:00PM

**\$25 per person
(\$30 door)**

*Are You Ready To
Feel Amazing!*



Join Virginia (and Mother Earth) as you prepare to cleanse, detox and ground the body and mind for the Spring Season! We will use Earth's "grounding ingredients":

- Sandbags: to help ground you and discover hidden wells of Mother Earth's restorative power
- Essential Oils: calm and cleanse to find a new you, refreshed and rejuvenated
- Various Props: to aid in easing you into simple Yin and Restorative postures, allowing the muscles to be supported while soothing the nervous system

This amazing workshop is suitable for all levels and provides an open and safe space to let go of tension, pain, and negative energy, as well as help restore and bring harmony into your life. The practice will focus on specific poses that Cleanse, Purify, Massage and Stretch the digestive organs, reducing toxins, increasing energy and improving mental acuity.

Use one of UpDog's sandbags during class, which are also available for purchase to take home with you.

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV ClickOnDetroit.com