



DETOX YOGA WORKSHOPS

Amsterdam's passionate and gifted yoga teacher **Corine Leegwater** of **YogaYatra** is offering Detox Yoga Workshops that provide you with an intense, transformative purification and revitalization of your whole body and mind!

Dates: **Sunday 16 June 2013**
 Sunday 11 August 2013
 Sunday 8 September 2013
 Sunday 3 November 2013
 Sunday 8 December 2013

Time : **10 - 13hr (All Levels)**

Costs : **€ 40 per workshop**

Location: **YogaYatra Studio**
 Govert Flinckstraat 137-hs
 1072 EH Amsterdam



–Detox Yoga with Corine on YogaTV!–

For more information and to **sign up**, go to Workshops at **www.yogayatra.nl**

About the Detox Yoga Workshop

In the Detox Yoga Workshop we focus on **Physical Postures** and **Breathing Exercises** which activate and purify the digestive system and urinary system of the body. We cleanse the inner organs like the stomach, intestines, liver, spleen, and kidneys. A guided **Meditation** session is added to purify the mind. We will finish our workshop with a wonderful cup of **Ayurvedic Detox Tea!**

The benefits of Detox Yoga

- Improvement of the digestive system
- Excretory functions improve
- A more regular bowel movement (less constipation)
- Strength and stamina increase
- Energy level increases
- Weight normalizes and fat is reduced around the waist and belly
- Immunity and general health increase
- Skin improves
- Stress reduces
- An overall feeling of well-being!

The body is your temple. Keep it pure and clean for the soul to reside in.

– B.K.S. Iyengar

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