

WORKSHOP

Detox Your Body

WITH NUTRITIONIST (BHSc) & YOGA TEACHER ASHLEIGH GARNAUT

KULAYOGA

- Do you need an energy boost?
- Is your immune system sluggish?
- Do you struggle to get a good night's sleep?
- Are you moody? Do you want clearer skin?

When: Saturday August 8

Time: 3.00 - 4.00pm

Cost : \$20.00

Limited space, bookings at the studio or online via www.kulayoga.com.au

If 'yes', perhaps it's time to detox.

Learn how detoxifying the body allows all organs to function optimally leading to improved energy and overall wellbeing.



In this educational workshop Ashleigh will share how constant exposure to environmental toxins and pollution, stress and poor food choices means our body is always working to clear this toxic load.

Explore how eating well and exercising can assist this process and help us function as our happiest and healthiest selves.

Bookings at the studio or via www.kulayoga.com.au/workshops

This workshop is free for 30 Day Yoga & Nutrition Challenge participants.