

Spring Cleanse

Saturday April 9th

4:00 - 6:00pm

with:

Robin Massey (Om Tree)

Lynn Weaver (MoonDance)

\$15

Have a fresh start! Detox safely, easily, and with support.

Workshop includes:

information about cleansing, including recipes
yoga for cleansing (wow! Powerful stuff!)
fabulous home spa treatments
breathing techniques for toxin release
tools & inspiration

Easy suggestions to cleanse your body and clear your mind.

Why cleanse?

Cleanse your life and you'll have more energy, more incentive, and more motivation. You'll look better and feel better. You can act with clarity.

In an ideal world, our bodies would handle this process for us (cleansing metabolic wastes and dead cells), but instead we live with pesticides, pollution, mental stress, chemicals, food additives, pharmaceuticals, cosmetics...

Detoxing is not about weight loss, though that is often a side benefit. It is about getting back in tune with your body, and loving where it is at, rather than fighting your body. You are liberated by the cleanse to eat as much healthy food as your body needs.

Spring is the ideal time to cleanse. Just as you feel more inclined to clear your clutter, Spring naturally invites us to shed our Winter ways in favour of fresh, seasonal produce, more fresh air, and more activity.

To register or for more information contact Lynn: 250 743 5846; moondancearts.ca
MoonDance Art House: 1756 Wilmot Ave, Shawnigan Village