

# Ayurveda and Yoga for Spring Detox

Detox your body, mind and the emotions

The spring is a season of renewal and growth. As the nature is renewing itself, this workshop is a great opportunity to learn how you can purify and rejuvenate (body, mind and spirit). According to Ayurveda we have to work with our body natural shift which occurs at the junction of the season.



Bitá Bitajian B.A., E-RYT 500( certified experience yoga teacher), Ayurvedic Yoga Specialist, Ayurvedic practitioner, N.D. (certified naturopath), Ayurvedic yoga therapist, and Life force yoga practitioner.

**Date: Sunday May 04<sup>th</sup>, 2024**

**Time: 9:00-15:30**



**Registration fee: 85.00\$ all taxes included.**

To reserve your space:

Call or text: 450-671-8508.

Email: [ayurveda.bitaj@gmail.com](mailto:ayurveda.bitaj@gmail.com)