

Detox Flow Yoga

This Detox Flow Workshop has been specifically designed to rid the body, mind, and spirit of accumulated toxins so that we are creating the groundwork to achieve our highest potential.



In this Detox Flow class, we will practice:

- Breathing techniques to help cleanse our physical and energetic body.
- Meditation techniques to let go of stagnant and unhealthy mental patterns.
- A strong flow with very specific sequencing to cleanse the internal organs relieving bloating, fatigue, dull/problem skin, anxiety, irritability and other physical ailments due to toxins accumulated through food, alcohol, caffeine, sugar, household chemicals and other environmental toxins.
- A guided relaxation designed to clear and balance the chakras.

The room will be gently heated (90 degrees) to facilitate the detoxification process. Beginners are welcome, but at least a few yoga classes is helpful. Come hydrated and on an empty belly.

Rain City Yoga

**Sunday, Feb. 10th,
2008 1:30-3:45**

Taught by: Amber Tande

Cost: \$30 pre-register \$35 at the door
To register: call 206-335-2324
or sign up in-studio.
Cash or Checks only please.