



This Year...Invest In Your Health!

Experience How YOU Can Have Abundant *Energy & Vitality*

Intro to Ayurveda, Cleansing And Rejuvenation Workshop

**Saturday, February 18, 9:00am-Noon
\$33 w/72 Hrs Prepaid RSVP**



- **Cellular Detox Yoga & Meditation For All Ages & Fitness Levels**
- **The Connection Between Our Cells & What We Eat & Longevity**
- **Simple & *Fast* Pantry Ideas For Healthy “*Fast-Food*” At Home**
 - **Take Home Valuable Lifetime Reference Information**
 - **Cooking Demo With A Yummy & Healthy Meal**

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