

Special Workshop at Yoga Sutra



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Spring Detox Workshop: Seasonal Attunement through Yoga and Nutrition

with Leigh Evans and Annie Kunjappy
Sunday, May 18th from 1:30-5:00pm

Leigh Evans



Leigh Evans is a yoga teacher and dancer dedicated to awakening creativity and aliveness in the body. Since 1985, Leigh has practiced Hatha Yoga in the Iyengar, Ashtanga, and Viniyoga traditions in the U.S. and India. She has been teaching yoga for 14 years. Drawing from her Vipassana meditation practice, Leigh creates a mindful yoga practice, inviting you to witness the shifting sensations of the body and attune to the inner unfolding of each asana. Leigh's seasonal attunement workshops awaken energy and awareness in specific meridians (sen lines) of the body.

About the Intensive Workshop

Spring is the time of new beginnings, rebirth, and regeneration. In this workshop, **we will attune to the Season** by adjusting our yoga practice and food that we eat to create a personal Spring within. Through deeply cleansing our bodies and minds, we will awaken from Winter's slumber. This afternoon's workshop will explore ways to enhance the vitality of our livers through yoga postures, pranayama, acupressure points, lifestyle changes and nutrition.

Annie will offer healthy ways to cleanse the body of the effects of winter accumulation through safe fasts appropriate for your body type and dietary history, and delicious ways to revitalize for spring with food that nourishes and attunes your body/mind to the season. **There will be tastings and recipes for spring juice tonics and meals that emphasize the balanced functioning of the liver and gall bladder.**

Where: Yoga Sutra (see above)

When: Sunday May 18th, 1:30-5:00pm

Cost: \$50 Pre-Registered, \$60 at door

Please RSVP by phone or email