

# Yoga Detox Magic

Join Amy Merli for an exploration of deep twists, backbends and inversions to cleanse the inner organs.

## The Workout

Spring into health with an invigorating yoga workshop that will leave both your body and mind refreshed. To assist the body's internal organs with their natural detoxification process, Amy Merli teaches yoga poses that increase blood flow and stimulate the digestive and lymphatic systems. By practicing in a warm environment, using deep yogic breathing, and working the large muscle groups, detox magic will happen!

## The Instructor

Amy Merli is a yoga instructor, personal trainer & professional dancer teaching in CT since 2003. With her knowledge of dance, fitness and a passion for movement, Amy leads a lively yoga workout that keeps students learning and smiling throughout the class.



**Infrared Sauna & Spa Treatments** ~ Therapies that promote the skin's elimination of toxins, improve circulation, ease muscle tension & relax the body.

**Spring Detox Introduction** ~ A free & informal talk at 8 pm that explains the week-long program in March of juice fasting, yoga, detox classes and raw foods.

**Pricing & Membership** ~ Green Vibration and Meetup Members can bring a friend to pay only \$10 each (2-for-1), otherwise a \$20 donation is requested.