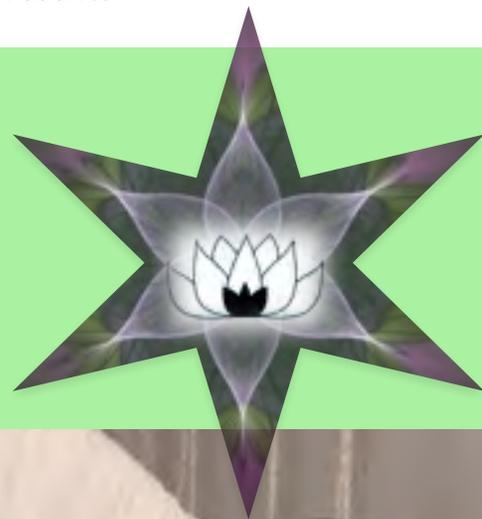


HIGH DESERT YOGA and YOGA WITH AVERY presents

Body-Mind DETOX through RESTORATIVE YOGA

Saturday, March 30th 2-5pm



During this afternoon workshop, journey deep within to clear out anxiety, fear, fatigue, and emotional heaviness. Through the lens of the 5 koshas, or “sheaths” of our being, we will explore supported, long-held yoga poses combined with guided relaxation and pranayama as a way to release toxins, nourish, and heal. We’ll restore ourselves physically: replenish the vital organs, nervous system, and support hormonal balance. Practice techniques for releasing mental patterns formed by coping with a turbulent world. Become established in equilibrium and presence. From this centered space, we can create new reference points for being non-reactive and grounded in the spiritual heart.

This workshop will leave you feeling deeply relaxed and freed from burdens of the past. Appropriate for every body. This is a great experience on its own, or as part of a cleanse. Wear non-restrictive clothing, and bring a favorite cup and journal. Purified water with organic lemon, chloroxygen water, and blood-purifying tea will be available for a Drinking Ceremony at the end of the workshop.

Avery Kalapa is a Certified Iyengar Yoga Teacher (CIYT), who has been practicing yoga for 20 years and teaching since 2004. She is grateful for extensive study with senior teachers including the Iyengar family, and has traveled around the US and to India to study yoga including therapeutic application, advanced practices, and embodied spiritual philosophy. The Iyengar method, anatomy, Patanjali’s Yoga Sutras and Vipassana meditation are the foundation for Avery’s practice. She brings a depth of skill, rigor, compassion, and commitment that creates not only safety and accessibility, but inspiration and transformation. Avery is passionate about yoga as a tool for social justice as well as inner freedom and healing. Avery is registered with Yoga Alliance as ERYT500 and YACEP and holds a BFA. Learn more at averykalapa.com, on Facebook at Yoga with Avery; on Instagram: Swavery.

Investment: \$50.00 pre registered, \$55.00 at the door (plus tax)

Space is limited! Reserve your spot today.

Register at the studio, call **505.232.9642**, or visit **highdesertyoga.com**

High Desert Yoga 4600 Copper Ave NE Albuquerque, NM 87108

