

START THE NEW YEAR FEELING LIKE THE BEST YOU

WITH YOGAWORKS AND ZEN CLEANSE

January 30 - February 3, 2012 | Westwood
8:00-9:00am | \$375 | All Levels

Clear your mind and clear your body with this 5 day yoga and juice cleanse in a supported group setting. Start each day by connecting with your group, setting an intention and doing an asana practice designed to enhance the detoxifying and cleansing process.

- Cleansing can stimulate your mind, reawaken your senses and purge your body of toxins that make you sick and lethargic.
- Removing impurities from your system will assist in developing immunities and jumpstart your personal promise to break bad dietary habits.

All organic fruits and vegetable, juiced freshly each morning and ready for you at the studio each morning after class.

Juice regime includes 6 unique juices a day containing some combination of these ingredients. Approximate caloric intake is 800 - 1,100 daily.

Almond Milk, Agave, Alfalfa, Alkaline Water, Apples, Arugula, Asparagus, Banana, Beets, Blueberry, Carrot, Cashew Crème, Cayenne, Celery, Chlorella, Cilantro, Cocoa Nibs, Cucumber, Dandelion Greens, Date Puree, Ginger, Cucumber, Filtered Water, Hemp Seeds, Kale, Kiwi, Lemon, Lime, Maca (an ancient root), Maple Syrup, Papaya, Parsley, Pear, Pineapple, Soy Protein Powder, Turmeric, Romaine, Sea Salt, Spinach, Vanilla Bean, Watercress, Young Coconut Water

Joan Hyman 500 Hour YogaWorks Certified, Teacher Training and Urban Zen Integrative Therapy Certified



TO REGISTER, VISIT YOGAWORKS.COM OR CALL 310.664.6470 X125



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