



Prana Flow Rejuvenation
Sunday, April 25th 2:00 -3:00 pm
Renew... body... mind ... Spirit...



With Tina Ramsden E-RYT
Prana Flow Instructor Trained under Shiva Rea

- ✚ **Yoga breathing to aid detoxification**
- ✚ **Yin Yoga poses that will aid the organs of detoxification.**
- ✚ **Moving Meditative, Yoga Salutation to enhance the renewal of body, mind and spirit using breath and affirmations to liberate the flow of energy through the body's energy pathways, moving consciously and intelligently from one pose to the next with safety and healing as the goal**
- ✚ **Learn how to stoke the digestive fire to increase metabolism and help the body, mind and heart release unwanted burdens.**
- ✚ **Dry brush massage learn this simple, yet effective method on yourself to aid the lymphatic system and skin (the largest organ in the body)in the detoxification process.**
- ✚ **We will end with Yoga Nidra- a relaxation practice of releasing and detoxifying at the mind level, that allows us to restructure and transform. With every session of yoga nidra, one is actually burning the old habits and tendencies. It is the most powerful method for releasing what does not serve us**

Workshop Class only \$15 • Hotel Guests, Spa Guest & Members FREE

Visit us at

www.mirbeau.com . 315-685-5006 .

851 West Genesee St, Skaneateles , New York