

Build your daily intelligent detox routine, which is fun!

Seminar with Sandra Gross, Sunday, 23rd June 2013

The seminar is for people, who are new to detoxing,
and for those, who already practice detoxing.

One-day seminar on Sunday, June 23rd 2013, 9am-4pm

- **Part 1:** Breathing and cleansing practices from yoga: Kriyas and pranayama, followed by a short break
- **Part 2:** What is toxicity and what is detoxification?
- **Break for lunch**
- **Part 3:** How do you establish a detox routine, so that your vitality increases? How do you determine your own personal detox pace? Guided meditation.

Location and time: Yoganation, Seefeldstrasse 7a, 8008 Zürich

Price: CHF 197 for the one-day seminar

Private sessions after the seminar, 60 minutes

Consultations with Sandra Gross for detoxing, nutrition and healing at Yoganation or via Skype

Price: CHF 150 for 60 minutes

Benefits of the seminar and the private sessions

- You will have experienced kriyas, pranayamas and meditation from yoga and gained experience how to apply them.
- You will know the cause of illnesses, and how you can protect yourself.
- You will be able to put together your own detox plan and adjust it to your daily habits.
- You will know how to remove blockages in your system, and how to increase your vitality.

Registration

There are a fixed number of spaces. To secure your place, the booking is valid upon payment.

To register please email to Sandra Gross: simplyloveyoga@gmail.com.



Sandra Gross is an independent, international yoga teacher affiliated with the International Yoga Alliance (RYT 500) and graduated from the advanced training by Stephen Thomas. She received her education as a healer from the Malcolm Southwood School in Basel, and was trained as a detox consultant by the highly accredited Natalia Rose. Sandra's focus is to treat the whole individual, incorporating a variety of alternative modalities, resulting in greater health and well-being.

Registration & information for the seminar and the private consultations: simplyloveyoga@gmail.com
<http://www.simplyloveyoga.com>, <http://www.sandragrossconsulting.de>