

FUEL YOUR PRACTICE

NUTRITION FOR YOGIS

Saturday, January 21
1:30-3 p.m.

Come learn from Dr. Ruddy the natural ways to improve your stamina and focus in developing the best yoga practice. In this 1.5-hour workshop, we will discuss the many dietary, nutritional and botanical strategies to support your mind, body, and yes, spirit! This workshop is particularly suited to yogis who have cultivated a long-term practice and would like to continue THRIVING in their yogic endeavors.

\$15 advanced - \$20 after Jan. 19*

*Bootcampers, you can take an additional \$5 off the advanced price to receive the additional discount, you must make your purchase at the reception desk.

WITH
DR. RUDDY

INNER FIRE YOGA®

