



## Winter Cleanse: Detox through Yoga + Nutrition

Sunday, January 17th -- 2pm to 4:30pm

**Are you experiencing the winter blues? Is less sunshine affecting your moods and making you feel a bit lethargic? Learn the keys to lasting Energy, Supporting Your Body and Getting the Glow!**

Join Kim Giglio (Harkamal Kaur) and Csilla Bischoff for an afternoon full of yoga, food and fun! You'll learn specific routines to boost your immunity, gently detox your body and prepare you for the rest of the cold season.

### **2-3:15pm Kundalini Yoga with Kim**

Detoxification isn't just about ridding the body of physical toxins, but also emotional excess as well. During this class we will practice pranayama (breathing exercises), kriya (postures) to detoxify the body, gong bath and a meditation. Yoga creates a safe space for emotional letting go, which has a huge effect on our ability to digest and be nourished by the food we eat.

### **3:30 – 4:30pm Food with Csilla**

Discover how to take care of yourself this time of year through kidney and adrenal nourishing foods. Feast on wonderful nourishing foods that Csilla will prepare using seasonal ingredients. Find out how you can safely cleanse your body without starving or juicing via her upcoming 7 Day Winter Cleanse Program.

**Cost: \$30 pre-registered, \$35 day of / Register online at: [www.aquarianyogacenter.com](http://www.aquarianyogacenter.com)  
812 Central Avenue, Westfield, NJ 07090**



Kim Giglio is a KRI Certified Kundalini Yoga teacher and Integrative life coach.



Csilla Bischoff, HHC is an Integrative health coach and founder of [shininghealth.com](http://shininghealth.com).

