

# Inner Fire Detox

a Two-Phase Naturopathic Springtime Cleanse for Yogis



Developed by Dr. Ruddy, ND exclusively for Inner Fire Yoga

**Sunday, May 9<sup>th</sup> • 1-2pm**

\$10 • Register online at [www.innerfireyoga.com](http://www.innerfireyoga.com)

## Why Detox?

- Reduce your body's Toxic Burden and Systemic Inflammation
- Sleep deeper
- Improve your Mood & Focus
- Polish your Body, Mind & Spirit - get that new 'glow' just in time for Spring/Summer!
- Reduce susceptibility to and duration of acute ailments (colds, flu, allergies, headache, etc.)

INNER FIRE YOGA®

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