

SPRING CLEANING DETOX



A Two-Phase Naturopathic Springtime Cleanse for Yogis

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

Saturday, April 30 • 2-3:30pm

\$15 • Register online at www.innerfireyoga.com

Improve your mood & focus • Sleep deeper • Get that new 'glow' just in time for Spring & Summer! • Reduce susceptibility to, and duration of, acute ailments • Polish your Body, Mind & Spirit

INNER FIRE  YOGA®

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