



Eat, Dance, Breathe

4.26, 4:30-7:00pm | 4.27, 1:00-3:30pm

Transformation Towards Enlivened Health:

A food, dance, and yoga journey with Hemalayaa and Dr. Geeta Maker-Clark

4.26, 4:30-7:00pm: shifting mood through medicinal food and movement

4.27, 1:00-3:30pm: detoxification of busy living; breath, dance, and clean food

We will lighten the body through playful and powerful movements and breathing exercises that awaken dormant energies towards a heart-centered experience guided by Hemalayaa. Geeta shares how certain foods, alone and in combination can actually improve your mood and help you maintain a sense of steadiness and calm.

\$70 early bird one workshop | \$80 after 4.20 | \$130 for both

We will enjoy a light and delicious plant-based meal at both workshops.

Pre-registration and pre-payment highly recommended at info@lighthouseyoga.com.



LIGHTHOUSE
YOGA & ACUPUNCTURE

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