



Hawaiian Healing Yoga
INSPIRATION • RELAXATION • AWAKENING



Saturday, July 22, 2023 10am-4pm
Hawaiian Healing Yoga will be hosting a Special One-Day
Yoga Detox Retreat

Join Us for a wonderful day of detox education with Dr. Heather Manley, Naturopathic Doctor. Includes lunch, snacks/tea and fresh pressed juice, two yoga sessions and meditation with Sound Bath

\$150

A key element to the yogic path is purification. Many of us begin the yogic journey on the mat practicing physical postures. This leads to greater awareness of body, mind and energy. As we continue along the path we find ourselves becoming more aware of our food choices, environmental influences, and how our choices affect us spiritually.

Dr. Heather Manley specializes in Naturopathic medicine and will be sharing her expertise with our participants. This will be a fun day of education and inspiration!

Topics we will cover:

- Homeostasis and the body's ability to balance.
- Organ function and how to detox each safely.
 - Detox pathways
 - Environmental concerns
- How to detox mentally/emotionally/spiritually.
 - Alignment with Health & Vitality

Please wear comfortable clothes for yoga movement, bring a warm long sleeve shirt, water bottle, and journal to write in. Come with your questions on how best to detox your body, mind, and soul.

To Register:

Text Stacey/Dan (808) 990-5131 Or Text Heather (808) 640-1159