



DETOX YOUR BODY
**And strengthen your immune
system**

Good health can be achieved by having a body that circulates nutrients and expels toxins efficiently. Learn Laghoo, an ancient yoga cleansing method that rejuvenates your whole system – body and mind. Your body will rid itself of toxins and excess acids, products of our modern lifestyle. As a result, you will feel more energy in your body and more clarity in your mind.

Help your body cleanse itself!

*Saturday 12th June 2010
8.30 am - 11.30am
Lavalla Centre Paddington*

*Course fee is \$77
(concession \$66)
(Nutritious lunch at the end)*

*For more information and registration
please call Shaktiprem on*

0427 681 978

*There is limited space available, so register
now!*