

# Spring Ground & Cleanse Workshop



**Friday, April 12**

**7:30PM-9:00PM**

**\$25 per person  
(\$30 at door)**

*Are You Ready To  
Feel Amazing!*

Join Stephanie Howard (and Mother Earth) as you prepare to cleanse, detox and ground the body and mind for the Spring Season! We will use Earth's "grounding ingredients":

- Sandbags: to help ground you and discover hidden wells of Mother Earth's restorative power
- Essential Oils: calm and cleanse to find a new you, refreshed and rejuvenated
- Various Props: to aid in easing you into simple Yin and Restorative postures, allowing the muscles to be supported while soothing the nervous system

This amazing workshop is suitable for all levels and provides an open and safe space to let go of tension, pain, and negative energy, as well as help restore and bring harmony into your life. The practice will focus on specific poses that Cleanse, Purify, Massage and Stretch the digestive organs, reducing toxins, increasing energy and improving mental acuity.

Use one of UpDog's loaner bags for use during class, or purchase a sandbag for \$25 ea. to use and keep.

Pre-register: <https://www.updogyoga.com/workshops/workshops-rochester>



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