

Seminar with Sandra Gross

Building a daily detox routine, which is fun!

Saturday, 1st of June, 2013

The seminar is for people, who are new to detoxing, and for those, who already practice detoxing.

One-day Seminar on Saturday, June 1st, 2013, 8am-3pm

Part 1: Breathing and cleansing practices from yoga: Kriyas and pranayama, followed by a short break

Part 2: What is toxicity and what is detoxification?

Break for lunch

Part 3: How do you establish a detox routine, so that your vitality increases? How do you determine your own personal detox pace?

Location and time: DEINraum, Knaackstrasse 5, 10405 Berlin, Saturday, June 1st, 2013, 8 am – 3 pm

Price: EUR 90 regular; EUR 80 early bird with signing up and payment by 18th of May, 2013

Private sessions, Saturday, June 1st, 2013, from 4-7:30pm

Consultations with Sandra Gross for detoxing, nutrition and healing

Price: EUR 120 for 60 minutes

Benefits of the seminar and the private sessions

- You will have experienced kriyas and pranayamas from yoga and gained experience how they direct your life force.
- You will know the cause of illnesses, and how you can protect yourself.
- You will be able to put together your own detox plan and adjust it to your daily habits.
- You will know how to remove blockages in your system, and how to increase your vitality.

Movie screening «Guerilla Midwife», Friday, 31.5.2013

You are welcome! 6-7:30pm, DEINraum, donation for the project in Bali, recommended are EUR 10.



Sandra Gross is an independent, international yoga teacher affiliated with the International Yoga Alliance (500 hours, graduated from the advanced training by Stephen Thomas). She received her education as a healer from the Malcolm Southwood School in Basel, and was trained as a detox consultant by the highly accredited Natalia Rose. Sandra's focus is to treat the whole individual, incorporating a variety of alternative modalities, resulting in greater health and well-being.

Registration & information for the seminar, consultations and the movie: sandra.v.gross@gmail.com
<http://www.sandragrossconsulting.de>, <http://www.simplyloveyoga.com>