

# Spring Renewal Workshop

Yoga & Ayurveda unites movement, breath and food for healthy living in every season

Saturday April 14, 2018 - 1:30-4:30



Tranquility Yoga



**With Andrea Cashman**  
Ayurvedic Yoga Specialist  
Himalayan Institute,  
Kripalu Center for Yoga & Health



Lisa Bok is an Ayurvedic Health Counselor and an Integrative Nutrition Health Coach. Certified by the Institute of Integrative Nutrition and at Kripalu School of Ayurveda. She provides customized plans for diet, lifestyle & herbs based upon one's unique constitution and needs.

Includes Nutritional Counseling, Yoga, Breathing and Meditation. For all abilities, chairs will be provided as needed.  
Optional: Nutritional Cleanse

**Contact:** Andrea Cashman  
203-522-2636

**What:** Yoga & Ayurveda Workshop  
**When:** Saturday April 14, 2018  
1:30-4:30pm  
**Where:** 88 Noble Ave, Milford, CT  
**Tranquility Mind, Body & Wellness Spa**

**Call 203-877-7115 to pre-register**  
**Fee:** \$30;