

Yoga and Digestion Workshop

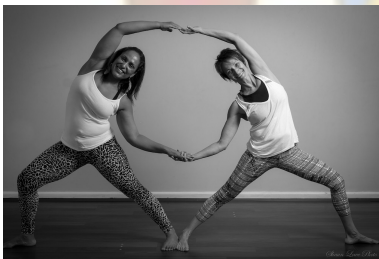
With Zhenya Gerson & Meagan Ibanez

Saturday 19 October 2013 2-4pm \$40

- How does Yoga and Digestion tie in together?
- Did you know digestion starts with the eyes?
- Did you know the digestive tract is over 7 feet long?
- What Yoga posture can help with your digestion?
- What exactly are probiotics, is fibre that important, and a few tips and tricks on how you can easily get your daily doses of the right foods...all of this and more to be covered!!!



Zhenya is Odonata's in house I-ACT Certified Colon Hydrotherapist. She is also a certified holistic nutritionist, wellness consultant and yoga teacher. She believes in long lasting results rather than a quick fix and for her clients and students. In this workshop we will cover ways on improving digestion, how vitamins and minerals are absorbed into our bodies and much more!



Meagan's breath of training not only includes Yoga Teaching but also Meditation, Breath work therapy, Remedial and Ka Huna (Hawaiian) Bodywork. In this yoga session we will explore some simple and effective techniques to aid and assist digestion, elimination and reduce bloating. We will also work with calming breath techniques to create belly good flow.

Reserve your spot by calling Odonata on **8544.0238** or email admin@odonata.com.au
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