योग

SPRING CLEANSE

A Master Yoga Class with Dr Pooja Maddela

✆ Tune in to Nature's Rhythms ✆

Spring is the perfect time to cleanse and support the body. Join us and experience unique yoga practices which facilitate natural cleansing processes and enhance your functional integrity.

- ✿ 9 rare purification techniques from ancient yogic scriptures revealed
- ✿ Explore therapeutic practices to increase energy flow & vitality
- ✿ Experience renewal of the life force (prana)
- ✿ Rejuvenate the glands and shine with joy!

WHEN: Saturday the 24th of September, 2:00 pm - 3:30 pm

WHERE: Saint Columba Church Hall, 92 Surry Crescent, Grey Lynn 1021, Auckland

COST: $35.00 (prebooked), or $40:00 (cash only at the door)

How to Register

To make your booking please make an online payment of $35 by Thursday 22nd September to: 02-0184-0111353-000 with your name as the reference.

For all other queries please contact Dr Pooja at: drpoojamaddela@gmail.com or ph (09) 820-4256, (021) 124-1890.

Dr Pooja is known for guiding her students on a journey where traditional wisdom, scientific understanding and inner transformation converge.

In this comprehensive practical session Pooja will emphasise Spring detoxification practices. These ancient practices will enhance mental, physical & energetic purification & nourish you on all levels.

This is a unique event, don't miss this opportunity!

About Dr Pooja Maddela PG Dip Yog. & Nat, B Nat & Yog. Sci, Dip Phys, Dip Ayur., E-RYT 500, RPYT

Pooja is an exceedingly skilled master yoga teacher/mentor, yoga therapist and clinician. She runs a busy clinical practice with an emphasis on Yoga therapy, Ayurveda and Eastern naturopathy. She worked for many years as assistant head of faculty and senior tutor at Wellpark College of Natural Therapies and and has been actively involved with many community health programmes in Yoga with the Ministry of Health and Ministry of Education. Pooja sees her role as promoting the Indian Traditional art of Yoga and Naturopathy to the Western world.

www.doctorpooja.com