



WILD LIGHT

YOGA CENTER



3 DAY COMPLETE NUTRITION & YOGA CLEANSE

IN PARTNERSHIP WITH LIVINGLOVE SUPERFOODS

Interested in cleansing your body and rebooting your system from the inside out while also having enough energy to practice yoga, work, and enjoy your weekend with family and friends? This is the cleanse for you. We are partnering with LivingLove superfoods for 3 days of yoga and complete nutrition that will leave you feeling absolutely amazing. Enjoy 3 yoga classes of your choosing, and nourish your body and soul with:

- ✿ Cleansing soups
- ✿ Bone or veggie broths
- ✿ Cold-pressed green juice
- ✿ Fresh plant milk
- ✿ Superfood protein powders
- ✿ Protein bars
- ✿ Herbal tea blends

FREE Informational Session

Thursday, April 4th 5:30-6:30pm

Must register by Friday, April 5th. Space is limited!

Friday, April 12 - Sunday, April 14th

\$149 nutrition package only

\$189 nutrition and 3 yoga classes

(for those without a current WLYC package/membership)